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Grilled Eggplant Haloumi Burger,
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

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Oleksiak makes Olympic history



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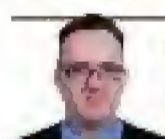
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Aborted probe, big paper trail

metro EXCLUSIVE

Metro investigation into leak raises even more questions



**Ryan
Tumilty**
Metro | Edmonton

An internal investigation into a politically damaging leak the government told the privacy commissioner never happened still somehow created more than 200 pages of documents, Metro has learned.

On Wednesday, Alberta's information and privacy commissioner, Jill Clayton, released her investigation into the leak of former MLA Thomas Lukaszuk's \$20,000 cellphone bill in August 2014, pointing at then premier Alison Redford's office as the likely source of that leak.

When the leak first happened, interim premier Dave Hancock ordered the Public Service Commissioner to conduct a separate investigation.

But on Wednesday, Brian Hamilton, the investigator in the privacy com-

missioner's office who looked into the leak, said it appears the government "took no action to investigate this matter for almost four months until it decided to hold-off conducting an investigation."

This statement appears to contradict the response Metro received in a freedom of information request, which it filed in July 2015.

That request was returned by the government, indicating there were more than 200 pages of records related to the Public Service Investigation — but none of them could be released.

In its response, the government used sections of the FOIP Act preventing the disclosure of records that have legal privilege or would interfere with a police investigation.

Metro has appealed the government's response and the process continues to play out.

Lukaszuk's cellphone bill came in the middle of his run for the Progressive Conservative leadership race and forced him to explain how he spent public funds.

Lukaszuk ultimately finished third.

KEVIN TUONG/FOR METRO



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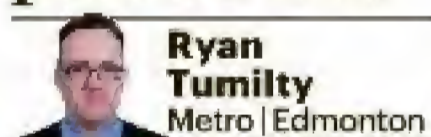


A trip along 104 Street shows the transition from Jasper Avenue to 104 Avenue and the new arena. KEVIN TUONG / FOR METRO

Mega bars are off the table, but people wondering what's next

COMMUNITY

Residents ready to keep fighting to preserve area



Ryan Tumilty
Metro | Edmonton

Downtown residents are sighing relief after the city turned down applications for two mega bars Wednesday, but know the fight isn't over to create the neighbourhood

they want.

The bars — one proposed for 104 Street and 102 Avenue and the other for the former Mother's Market property on 109 Street — were both rejected, according to a release the city put out Thursday morning.

The city's press release said staff determined the bars would "materially interfere with or affect the use, enjoyment or value of neighbouring properties."

As that decision comes down, some are pondering what's next for one of Edmonton's flagship streets.

Shauna Warwick, who sits on the 104th Street steering committee and lives steps away from the proposed bar, said they're relieved the city turned down the applications.

She said with the Rogers Place arena opening up in September, they expect similar applications and they're glad the city is so far protecting the area.

"We're going to face this in the future and this is why it is important the city took the stand that it did," she said.

Warwick said they're not against restaurants and bars, but they have to reflect that

people live on the street as well.

"We want to see smaller scale pubs and wine bars opening up in the area."

The decision and the looming arena is also causing some to reflect on downtown as a whole.

Chris Buyze, president of the Downtown Edmonton Community League, said downtown is a balancing act that needs to be managed closely.

"It's our highest density mixed-use urban neighbourhood in the city so you have to be ultra sensitive to everyone

getting along," he said.

He said the city may need to consider tightening rules for what is and isn't allowed if they want to continue to attract residents to the area.

Buyze also said other cities have done this well by putting hard caps on the number of seats bars and restaurants can have.

He said Calgary's East Village did it particularly well.

"They went out of their way to make sure there wasn't going to be disruptive businesses," he said.

Both proposed locations for so-called mega bars came from

the Urban Sparq hospitality group, which owns the Pint, Knoxville Tavern and the Old Strathcona Rack.

Brendan Crooks, a manager with the company, said they were still deciding on next steps including whether they will appeal the decision.

"Urban Sparq has just been informed of the City of Edmonton's decisions to reject our downtown proposals. We're disappointed in the decisions but we respect them," he said, in an emailed statement.

"We need to evaluate these decisions and determine our next steps."

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The property operated as Hookah Lounge until city staff closed it over permit issues earlier this year. RYAN TUMILTY/METRO

Police target sites connected to drugs

ABDULLAH SHAH

**Authorities
trying to seize
properties by
civil forfeiture**



**Ryan
Tumilty**
Metro | Edmonton

Edmonton Police are attempting to seize property from a controversial inner-city landlord.

Police, working through Alberta's civil forfeiture office, are aiming to seize a property at 9317 — 111 Avenue, and owned by Abdullah Shah, also known as Carmen Pervez.

Metro confirmed through Alberta Justice Thursday that the property now has a restraint order, which came into effect on June 16.

That prevents the property from being sold until a full hearing on it can take place, which is currently scheduled for Sept. 26.

Police have conducted two drug raids at the property — one, on Christmas Eve in 2015 and a second in April of this year.

The second raid seized an estimated \$96,000 in illegal drugs including methamphetamine, oxycodone and Ritalin, according to police.

Shah was charged with possession for the purposes of trafficking and possession of stolen



**If I have a concern
it is that they
haven't seized
enough.**

Adam Millie

property stemming from that raid.

In early January, the city's first homicide of 2016 occurred outside the property. At the time it housed a hookah bar, but City of Edmonton bylaw staff later closed the facility over permit issues.

The province's civil forfeiture office aims to seize property that is associated with crime

and since 2008 has seized hundreds of vehicles and dozens of properties.

Adam Millie, civics director of the Alberta Avenue Community League, which the property resides within, said they're relieved police are pursuing the property.

"I'm ecstatic about this potential seizure," he said.

Shah also owns dozens of rental properties in the area and Millie said he hopes there will be action on those as well.

"If I have a concern it is that they haven't seized enough."

The process will require the government to prove in court that the property was acquired by illegal means or used for illegal activity.

POLITICS

NDP calls for review on Kenney fundraising

The NDP wants Alberta's chief electoral officer to investigate Progressive Conservative leadership hopeful Jason Kenney's political fundraising activities.

Alberta NDP Provincial Secretary Roari Richardson said the review should also include Unite Alberta, Kenney's provincial political organization.

Richardson said the NDP believes Kenney and Unite Alberta are breaking provincial election laws.

"There are legitimate questions about Mr. Kenney's fundraising and spending, and we hope that Elections Alberta can shed some light on this," Richardson said Thursday.

"If Mr. Kenney wants to run here, Albertans expect him to follow the rules."

Kenney, who is a federal Conservative MP, announced last month that he is seeking to rally conservative voters in Alberta in a new party to defeat the NDP in the 2019

provincial election.

The Progressive Conservative leadership race doesn't officially begin until October.

Elections Alberta said it has received the NDP request, but has no authority to review fundraising outside of an official election campaign.

"We have no authority under the legislation that we are governed by, which are the Elections Act and the Elections Finance Act, to take any steps to investigate or look into any-

thing that is going on outside the election period by someone who is not a registered candidate or a registered party," Drew Westwater, Alberta's deputy chief electoral officer said in an interview.

"So there is nothing there to investigate under our authority."

Kenney, who was campaigning in southern Alberta Thursday, did not respond to a request for comment.

THE CANADIAN PRESS



The legal right for people to medicate with marijuana has created conflicts for companies tasked with keeping workers safe on the job, says one industry expert. THE ASSOCIATED PRESS FILE

Medical pot user fights dismissal

LABOUR

Marijuana use big issue for employers, expert says



Brodie Thomas
Metro | Calgary

Darrin Rogowski said he is launching a human rights complaint after his employer let him go in late July because he uses medical marijuana after hours.

Rogowski, 30, was working for Inertia Environmental — an Okotoks-based hydrovacating company. He worked on the company's trucks, which use high-pressure water to move earth when excavation by other means isn't allowed.

"When I got my medical marijuana licence back in May, I told one of my supervisors I had it, and nothing else was really said about it," he said.

But on July 27, he was told he would be let go since they knew he could not pass a urine test.

"I said, 'Well, I can get a letter from my doctor stating I don't do it at work. I'd be fine at work,'" said Rogowski. "I don't see what the big deal is. It's like taking a Tylenol or any other prescription."

Rogowski uses marijuana for chronic back and neck pain after being in several car accidents. He said he's also been diagnosed with glaucoma, although he hasn't discussed marijuana use with his ophthalmologist.

Rogowski said he only uses it in the evening for pain relief and as a sleep aid.

Metro contacted Inertia Environmental but the company declined to comment on the case.

However Neil Tidsbury, president of Construction Labour Relations (CLR), said authorized marijuana use is becoming a much bigger issue for employers in the construction industry who have to balance the rights and safety of all workers on the jobsite.

He said no level of government has helped employers navigate this tricky situation.

"The legislative guidance as to what employers should do in these cases is pretty much a vacuum," said Tidsbury.

Rogowski has mailed a complaint to Alberta Human Rights Commission.

"They said I have a case, but again it's kind of unprecedented territory right now," he said. "Companies right now don't know what they should be doing. Even if I don't get my job back, maybe it will open eyes to change laws."

talk about **fresh solutions**

Grilled Eggplant Haloumi Burger



Prep Time: 10 minutes | Cook Time: 15 minutes | Makes 4 Servings

Ingredients

- 3 tbsp (45 mL) extra virgin olive oil, divided
- 2 onions, finely sliced
- ½ eggplant, cut into rounds
- 2-160g DoreMi haloumi cheese
- 1 tbsp (15 mL) brown sugar
- 2 jarred, roasted red peppers, chopped
- pinch chili flakes
- ½ tsp (3 mL) ground cumin
- 4 ciabatta buns, halved
- 4 tbsp (60 mL) Western Family Tzatziki Dip

Directions

1. Over medium heat, add 2 tbsp of oil to a medium skillet. Add in onions. Cook over a high heat for a few minutes, and then turn heat to low and cook until soft and golden, about 8 minutes.

2. Meanwhile, light a BBQ. Brush eggplant with olive oil and season with salt. Grill eggplant until lightly charred.

3. Slice haloumi in half crosswise, then again lengthwise to create 4 pieces per pack (8 total). Brush haloumi with olive oil and grill for about 2 minutes a side.

4. Add brown sugar, red peppers, chili flakes and cumin into the onions. Cook for 1 min until sugar has melted. While the relish is cooking spread rolls with tzatziki, laying 2 pieces haloumi and eggplant slices on top of each roll. Spoon the sticky, spicy relish over and serve.

Tip: Switch things up by topping your burger with your favourite veggies, like cucumbers, alfalfa sprouts and crunchy red peppers.

save on foods

Rolling in it

LOCAL BUSINESS

Scoop 'n Roll Creamery has created a twist on ice cream

Lucy Haines
For Metro | Ottawa

If you roll it, they will apparently come.

With a modestly-outfitted, eight-foot trailer and the notion to roll, rather than scoop ice cream, an Edmonton entrepreneur has sweet-lovers lined up in an unassuming north side parking lot.

Scoop 'n Roll Creamery feels almost like a secret



People do say it's worth the drive and the wait.

Andrew Rafeh

club, where those in the know (via Facebook, Twitter and Instagram) find out when and where the truck will be, and then hurry over before the day's lineups get too long.

It doesn't hurt business that it's recently been featured on Buzzfeed as one of the top places in Canada to find 'crazy cool' ice cream (the only Alberta spot mentioned), and as one of the 'most mind-blowing' ice creams as judged by Food Network Canada.

"People do say it's worth the drive and the wait," said Andrew Rafeh, who plans to open a second truck on the city's south side later this month.

The truck's current spot is in a parking lot near Staples on 137 Ave. and 131 St.

Rafeh said while he's had franchising inquiries and invitations to join other food trucks in the city core, he's got enough business right where he is.

"We'll do catering events, but only if there's a minimum of 200 people, because we're busy here all day, everyday," he said.

Rafeh and his full-time staff of five create orders quickly at one of three stations/marble-topped freezers.

A liquid base flavour (chocolate, vanilla, coffee, pistachio and more) is poured onto the frozen board, and worked with two mix-ins (chocolate candies, fruit, nuts) until it solidifies into a thin rectangle, sliced and rolled into four 'scoops'.

The cost is \$7 and equals about four scoops of traditional ice cream.

Stephanie Paches, who drove in from St. Albert on Thursday to try the treat, said "it sounded intriguing when I saw it on Facebook. It seems fresh and natural, made right in front of you—worth a try."

Edmonton's Andrew Rafeh said business is booming with his rolled ice cream. The entrepreneur advertises his location on Facebook, Twitter and Instagram, and has attracted the attention of Buzzfeed and Food Network Canada in addition to curious locals. LUCY HAINES/FOR METRO



CHILD PORNOGRAPHY

Teen may have lured others: Police

An Edmonton teen has been arrested and charged in a case of what police call "sextortion," after a 16-year-old girl was pressured into sharing nude photos.

The Alberta Law Enforcement Response Teams (ALERT) announced Thursday that the Internet Child Exploitation team — made up of Edmonton police and RCMP members — arrested the 16-year-old male on Wednesday and charged him with extortion, possession of child pornography and luring.

Investigators say the boy befriended the girl on social media in April and pressured her into sending nude photos using threats. The victim reported the offence to Cybertip.ca and the investigation was referred to ALERT in June.

ALERT investigators identified the suspect, who had been using fake names online.

The suspect and victim were not known to each other previously, and ALERT is now investigating the possibility of more victims. METRO STAFF

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Fringe festival celebrates 35 years

OLD STRATHCONA

'That was Then, This is Fringe' is underway now



Kevin Maimann
Metro | Edmonton

The Edmonton International Fringe Theatre Festival will honour its roots with its 35th edition this summer.

The Fringe kicked off its 11-day run Thursday, which you no doubt have already noticed if you live anywhere near Old Strathcona.

The festival is the biggest and oldest of its kind in North America and has consumed the area, with 45 venues boasting 2,013 shows alongside outdoor beer gardens, live bands, food vendors and 50 street performers.

About 750,000 people are expected to visit the Fringe grounds between now and Aug. 21, and some shows had already sold out by Thursday morning.

Artistic director Murray Utas said this year's theme — That was Then, This is Fringe, a nod to a similarly named 1971 S.E. Hinton novel — harkens to the festival's beginnings in 1982 when five venues hosted just 25 shows.

"There's a real sense of the

grassroots is back, there's a real sense of the heart of this festival, and it's not kind of faceless anymore," Utas said.

"This is a community event and the community definitely owns it."

The Fringe will offer Edmonton residents an interactive look into its history with a one-off event called Found at the Fringe, in collaboration with the Common Ground Arts Society. A guide will drop 35 facts for 35 years and lead a tour of the significant sites dating back to the first year.

"I love it because it kind of just honours how we got here, and actually gives you some interesting facts about the times to get us to where we're at now," Utas said.

The Fringe will also throw back to the 1980s with Edmonton supergroup Going to Graceland performing Paul Simon's classic album on the outdoor stage Tuesday evening.

For those new to fringing, Utas suggests picking up a guide to help navigate the grounds, which can otherwise get a bit overwhelming. Aside from that, stay hydrated and take some breathers from running around between shows.

"Don't stress yourself out all the time. Really find those breaks in between," he said. "Step out of the madness and reconnect yourself and get back into it."



The Dead Rabbits troupe prepares for its Fringe show *The Dragon* on Thursday. The Edmonton International Fringe Theatre Festival runs through Aug. 21. KEVIN TUONG/FOR METRO

Get your tickets

Lucy Haines
For Metro | Edmonton

Friday Bike tune-up

If you're cycling to Fringe (parking is scarce) then make a stop before or after a show for a free bike tune up, courtesy of the Edmonton Bicycle Commuters Society. They're setting up shop twice during Fringe.

When: Aug. 12, 5-8 p.m.

Where: Old Strathcona Performing Arts Centre, 8426 Gateway Blvd.

Edmonton Comedy Festival — Fringe edition

Fringe spills out beyond the main site to nearby BYOVs and spaces on Whyte Ave. Local funny folk Andrew Grose and Emily Burden kick off a fringe-focused comedy blitz with two sets, with hypnotist Joe Francis thrown in at the late-night set for more

giggles.

When: Aug. 12, 7, 9 and 11 p.m.

Where: Varscona Hotel, 8208, 106 St.

Saturday BeFit Edmonton

After a late night of fringing, what better way to get in shape for another long day at the festival than with a free workout? Old Strathcona's boutique personal training studio takes it easy with a yoga-focused hour. Namaste.

When: Aug. 13, 10-11 a.m.

Where: ATB Financial Gazebo, Fringe grounds

Free for All

Fringe newbies and anyone wanting to get primed for fringing may want to take in this sampler session. Ross Vegas hosts, with artists performing bits of their work to entice you to see their shows. Bring a program guide and highlighter.

When: Aug. 13, 5-6 p.m.

Where: North beer tent, Fringe grounds

Sunday Found Festival

This is now, but what was then — that is the question. If you want a bit of historical perspective as you nosh on your green onion cake, join local performers Krista Posyniak and Ainsley Hillyard as they walk the physical footprint of festivals past. You'll learn just how the Edmonton International Fringe Festival has grown and changed over 35 years.

When: Aug. 14, 7 p.m.

Where: Starts at Firefighter's Memorial on 83 Ave.

All Weekend Wine tent music series

Fringe isn't all about theatre. There are performers, food and craft vendors and live music. A list of local musicians — guitar or kazoo in hand — will perform both weekends of the ten-day fest, offering respite from the buzz on the streets.

When: Aug. 12, 7-9:30 p.m.,

Aug. 13-14, 4-9:30 p.m.

Where: MacLab Wine Tent, Fringe grounds.

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POLITICS

NDP's vote subsidy would cost taxpayers millions: Wildrose

The Opposition Wildrose Party is pushing the NDP to clarify how much it would cost to provide taxpayer-funded rebates to political candidates and parties.

The Wildrose estimates there would have been a more than \$7 million tab had the plan been in place during the last election.

The NDP's proposal would rebate political candidates and parties half of their expenses if they win at least 10 per cent of the vote.

Jessica Littlewood, who chairs the legislature's ethics and accountability committee, says running a campaign is costly and elections should be about ideas and not the size of a candidate's wallet.

She says the idea, which passed in Wednesday's committee meeting, is not set in stone and there will be plenty of discussion before the fall's

legislature sitting.

Opposition parties says the government should not be increasing costs for taxpayers while Alberta's economy is suffering.

"I don't know of any Albertans who think the NDP government should be dreaming up schemes to funnel millions of dollars away from citizens and into the coffers of political parties, especially during these tough economic times," Wildrose house leader Nathan Cooper said in a release Thursday.

"Just by proposing a risky idea like this, the NDP has shown that they've completely fallen out of touch with the struggles of everyday working families."

Progressive Conservative MLA Sandra Jansen, who sits on the committee, said in a statement Wednesday she was "surprised and disappointed"

by the proposal.

"This government surely has more pressing matters to focus on, given the current state of Alberta's economy. The tone deafness of this proposal is staggering."

Littlewood said it shouldn't be a partisan issue and the plan is about making sure there's a "good, strong, healthy democracy in Alberta."

"Elections should not belong to only those that can afford it."

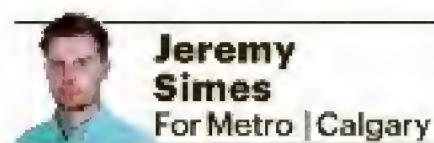
Littlewood said the NDP plan isn't much different to what exists at the federal level and in other provinces, including in Saskatchewan, which has a conservative government.

Manitoba's governing Tories, which swept the NDP out of power in April's election, have done away with that province's vote subsidy.

THE CANADIAN PRESS

LAW SUIT

Government defends projected loss figures over power battle



Jeremy Simes
For Metro | Calgary

Would you rather take a \$2 billion or \$600 million loss? The government wants neither, as it enters a legal fight to remove an “unlawful” clause it claims will saddle consumers with billions of dollars in losses.

Earlier this week, Metro spoke with a government of-

ficial on background regarding the province’s claim that the recent hand-back of some power purchase agreements (PPAs) to the Balancing Pool could cost consumers up to \$2 billion by 2020.

The \$2-billion figure is much higher than what academics say will be \$600 million in new losses, if the government takes on a group of more unprofitable electricity contracts.

The \$600-million figure was penned by economists Andrew Leach and Trevor Tombe, who concludes that a typical household would face an additional \$2.25 on their monthly power bills for the four remaining years of a group of coal power contracts that companies are trying to terminate.

So how is the government getting its \$2 billion number? The official says it stems from more conservative estimates

in forecasted prices, which the province won’t provide publicly.

What the government and the report can at least agree on is it’s going to cost Albertans at least \$600 million, if they put themselves in the position of the buyer.

So why not just say \$600 million? The official says the government “is on the pin” for what it tells Albertans.

The official says, at the end

of the day, the government is accountable for its numbers.

So what are these conservative projections? The official won’t say what the prices and variables are, but assured the numbers may come forward when the court case progresses.

Leach and Tombe’s report says the total lost value on coal power contracts from lower prices and carbon regulations amounts to about \$900

million, with \$300 million of that coming from the Genesee coal plant for which the power distributor is already responsible for.

The paper says about half of the lost value comes from new carbon regulations, while a significant drop in power prices makes up the other half.

The government goes to court in November.

WITH FILES FROM THE CANADIAN PRESS

Hospitality manager accused

SEX ASSAULTS

Police asking more potential victims to come forward



Kevin Maimann
Metro | Edmonton

A man charged in three sexual assault cases is the former marketing partner and director of sales with Urban Sparq Hospitality, the company that runs several Edmonton bars including Knoxville’s Tavern and The Rack.

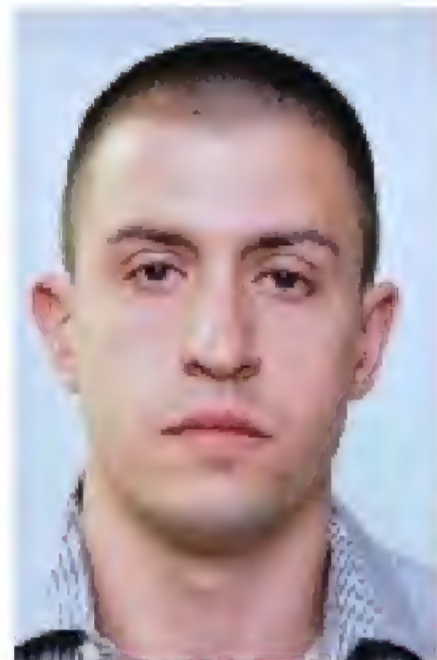
Police are asking for more potential victims to come forward after charging Matthew McKnight with unlawful confinement and three counts of sexual assault, including one count causing bodily harm.

Urban Sparq manager Brendan Crooks acknowledged McKnight was an employee and more recently worked with the company as an “independent consultant.”

“We take this matter extremely seriously and will fully cooperate with Edmonton Police in any manner they ask us to,” Crooks wrote, in a statement posted to the Urban Sparq website.

Police say women ranging in age from 17 to 22 were assaulted at the suspect’s residence in all three cases.

On April 1, a 17-year-old girl said she was sexually assaulted after leaving a bar near 107 Street and Jasper Avenue — which is the location of Knoxville’s Tavern, though police would not confirm the bar’s



Police have charged Matthew McKnight in three separate sexual assault cases.

CONTRIBUTED/ EDMONTON POLICE SERVICE

name on Thursday — for an “after party” at the suspect’s home.

On April 16, police said a 22-year-old woman told them she left a bar at the same location before being assaulted.

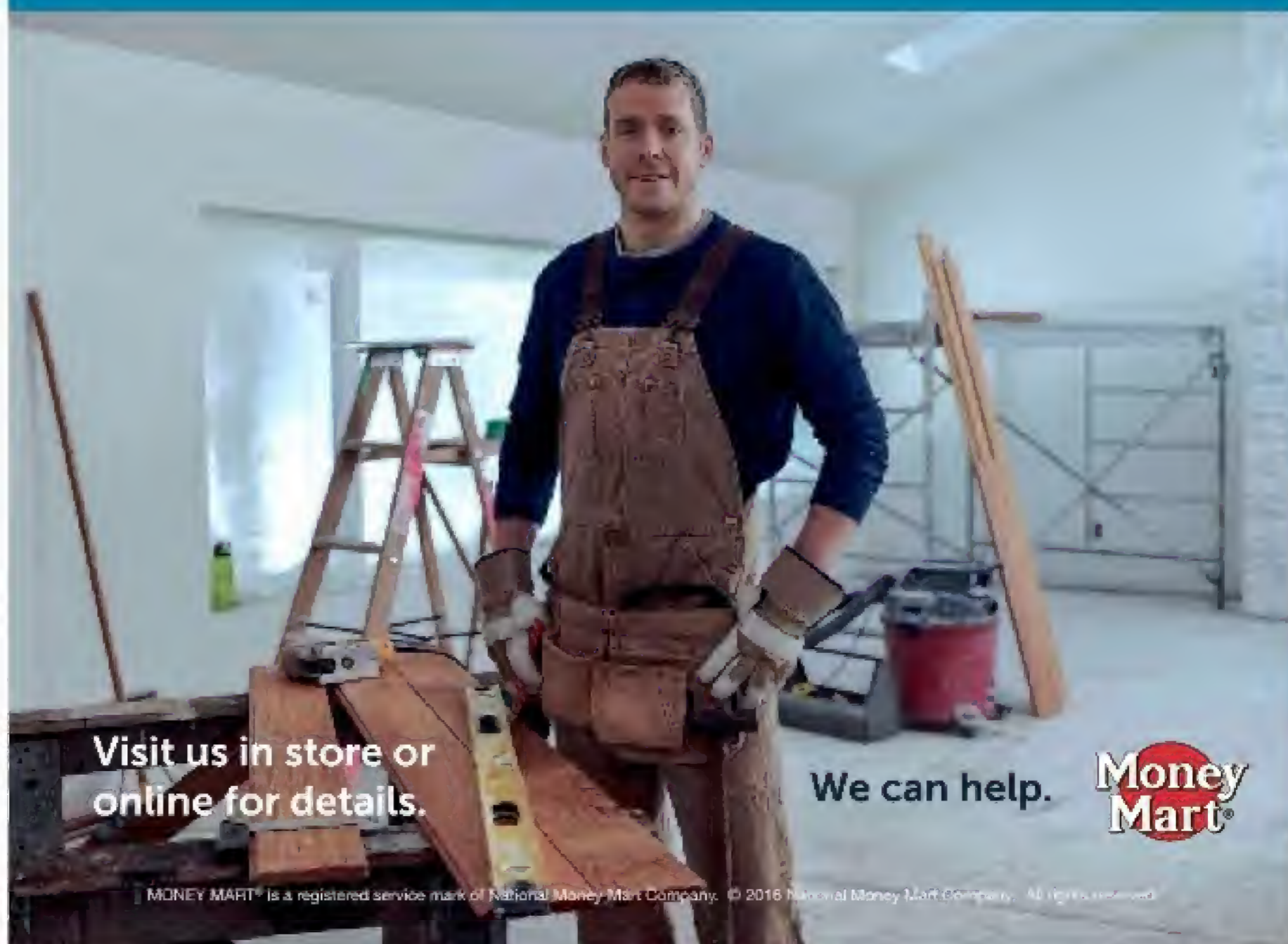
A 21-year-old woman who said she was assaulted on July 6 at the suspect’s home had previously been at a bar near 106 Street and 82 Avenue, which is where The Rack is located.

+ POLICE

Detectives with the Edmonton Police Service Sexual Assault Section are asking anyone with information about McKnight, and anyone else who may have been assaulted by him, to contact police.

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Starstruck: Light show of a lifetime

Don't turn in early Friday night if you can help it, as the Perseid meteor shower is returning for a second night to offer a far-out light show after dark. The spectacle happens every year around the same time but this week's offering is especially bright, says Bruce McCurdy with the Royal Astronomical Society of Canada's Edmonton branch. Here are some tips on how to make the most of the starry, starry night.

KEVIN MAIMANN/METRO

Get out of town

"You would see so many more meteors from outside the city limits and outside the light pollution," McCurdy told Metro on Thursday. He recommends any where in the Beaver Hills Dark Sky Preserve, which includes Elk Island and Miquelon Lake.

Pull over

If you don't get to a park or camping site, any farm road on the rural and township road grid will do just fine. "Make sure there's room for your car to pull off, and room for the person or people — because it is a great group activity — to set up on the far side of the car so you're nowhere near the road," McCurdy said.

Drink another coffee

Even if you have plans to hit the Fringe Festival for the night, you'll still have time to catch the best of the meteor shower. It will start to peak after the moon sets at 1:37 a.m. and will be at its brightest around 3 a.m.

Don't bother with telescopes

"It's actually best enjoyed with the unaided eye," McCurdy said. Just pick a spot with the clearest view possible and your patience will be rewarded.

Dress for overnight weather

It's going to get cold while you wait. "They just need a lawn chair, maybe a blanket or something, a couple of extra layers of clothes, a beverage, bug spray — very basic creature comforts," McCurdy said.



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CORPORATE REAL ESTATE

Value of Alberta properties slashed by \$748M

One of Canada's largest owners of corporate real estate has significantly slashed the value of its Alberta properties because of the excess office space left by the economic downturn.

Dream Office REIT said in its second-quarter results that it has written down the value of

its Alberta holdings by \$748.4 million this year, or 45 per cent, to about \$930 million.

The real estate investment trust said it did that because the economic conditions in the province remain soft and it now believes the uncertainty and weakness in the Alberta office

sector could be prolonged.

"Since the beginning of the year, it's become apparent that the theme for Alberta office real estate is lower for longer," said CEO Jane Gavan in an investor call Thursday.

She said Calgary has the highest office vacancy rate in the

country at 22 per cent, and with more buildings under construction, that won't go down any time soon.

"Even if the economy recovers, we expect it's going to take some time for businesses to add people and to require more space," she said. THE CANADIAN PRESS

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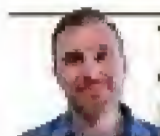
BMO



Amateur bike builders gather

MOTORCYCLES

Resurrection Moto Show happening this weekend



Tim Querengesser
Metro | Edmonton

The ethos behind a growing sub-culture in Edmonton is simple: Build it, don't buy it.

The building is of a vintage or vintage-inspired motorcycle — and this weekend in an attempt to bring all those amateurs quietly toiling away modifying forks, tanks, exhaust or paint work on their vintage machine in Edmonton together, a group is throwing a coming together party called The Resurrection Moto Show.

"It's just kind of for guys to show off work they've done in their garage," said Joseph Snape, one of the organizers of the show, which runs Saturday at the Cloverdale Community League building.



Paul McGavin, part of a growing group of amateur motorcycle customizers in Edmonton, works on his vintage Yamaha TX650 in his garage Thursday. KEVIN TUONG/FOR METRO

"We're hoping to bring the scene together," Snape said. "Lots of guys ride by themselves, there are gentlemen's rides, but nothing

showcases all the guys' hard work (at once)."

Edmonton has quietly established itself on the growing, hip-

ster-fuelled vintage motorcycle customization map, thanks largely to the work of Federal Moto, a group of young customizers

who have seen their bikes featured internationally and have now expanded their business to a second location, in Chicago.



It's just kind of for guys to show off work they've done in their garage.

Joseph Snape

Snape said Federal Moto is working to reveal its latest creation at Saturday's show, but that isn't confirmed.

But what makes the group different than the typical biker — that cultural motif established by films like *Easy Rider* and made into gold by companies such as Harley-Davidson?

"When you think of a biker, I'm definitely not that individual, so the crowd has changed, and the stigma — the bearded tattoo guys — is different," said Snape, adding he rolls to work in a suit.

"You're seeing a shift in guys having an interest in bikes and making something their own — something they've built in their garage, and making that machine an expression of what their interests are," he said.

The show runs from 9 a.m. to 10 a.m. on Saturday.

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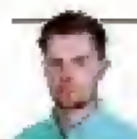
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MISSING AND MURDERED INDIGENOUS WOMEN

Remembering Joey English



Jeremy Simes
For Metro | Calgary

Stephanie English still hasn't buried her daughter, Joey, as Calgary police continue to search for parts of her body in an ongoing investigation.

"I don't want to be that statistic, a woman waiting 19 years for her daughter's parts to come back," Stephanie said, referencing the numerous indigenous family members whose daughters, sisters, aunts and mothers have gone missing or have been murdered.

"What's going on? I don't understand."

Stephanie will be attending a private, all-day gathering for the family members of missing and murdered indigenous women and girls on Saturday, organized by the Ministry of Indigenous Relations. Minister Richard Feehan will be in attendance.

The gathering was put together in response to the federal government's launch of its national inquiry into missing and murdered indigenous women and girls.

Stephanie said the meeting is important for her to heal.

"More stories need to be heard," she said. "It feels like yesterday when I would walk

Joey to school."

Joey was 25 when she went missing in early June. Stephanie said police didn't take her seriously when she reported the case.

On June 8, police discovered part's of Joey's body in Crescent Heights, deeming the death suspicious. The cause of death is still being investigated by police, as officers continue to search for her remains. Police have charged Joshua Weise with one count offering an indignity to human remains.

Stephanie said Joey was a caring and gentle person, hoping to pursue a career in nursing.

"She really loved her children, niece and nephew," she said. "She had dreams that she was in the process of doing."

The federal government's inquiry, which is will be complete by Dec. 31, 2018, will examine police practices and attitudes, child welfare and other social policies.

The biggest complaint by many victims is that there is hardly any communication between them and investigators.

Stephanie said police haven't been giving her enough updates, adding officers told her she could expect at least six months until they find Joey's remains.

"How am I supposed to leave



Stephanie English says her daughter, Joey, was a gentle soul who loved her children.

JEREMY SIMES/FOR METRO

the city, knowing my daughter's body parts are still here?" Stephanie asked. "I can't even pick up myself to move back home, or go back to school. That was my whole dream and purpose of being away from my reserve."

However, Joey's kids keep Stephanie fighting. She has become their guardian.

"These little ones," she said. "They're the pillar of what makes me want to fight more for them, especially in today's society."

"I don't want my grandchildren growing up and being that statistic: Just another native person gone missing."

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Showdown cast in doubt

Timeline of a plot thwarted

Questions remain over efficacy of peace bond and Canadian intelligence

An intense nationwide "race against the clock" after a tip from the FBI about a would-be terrorist led the RCMP to fatally confront Aaron Driver on a quiet street in Strathroy, Ont.

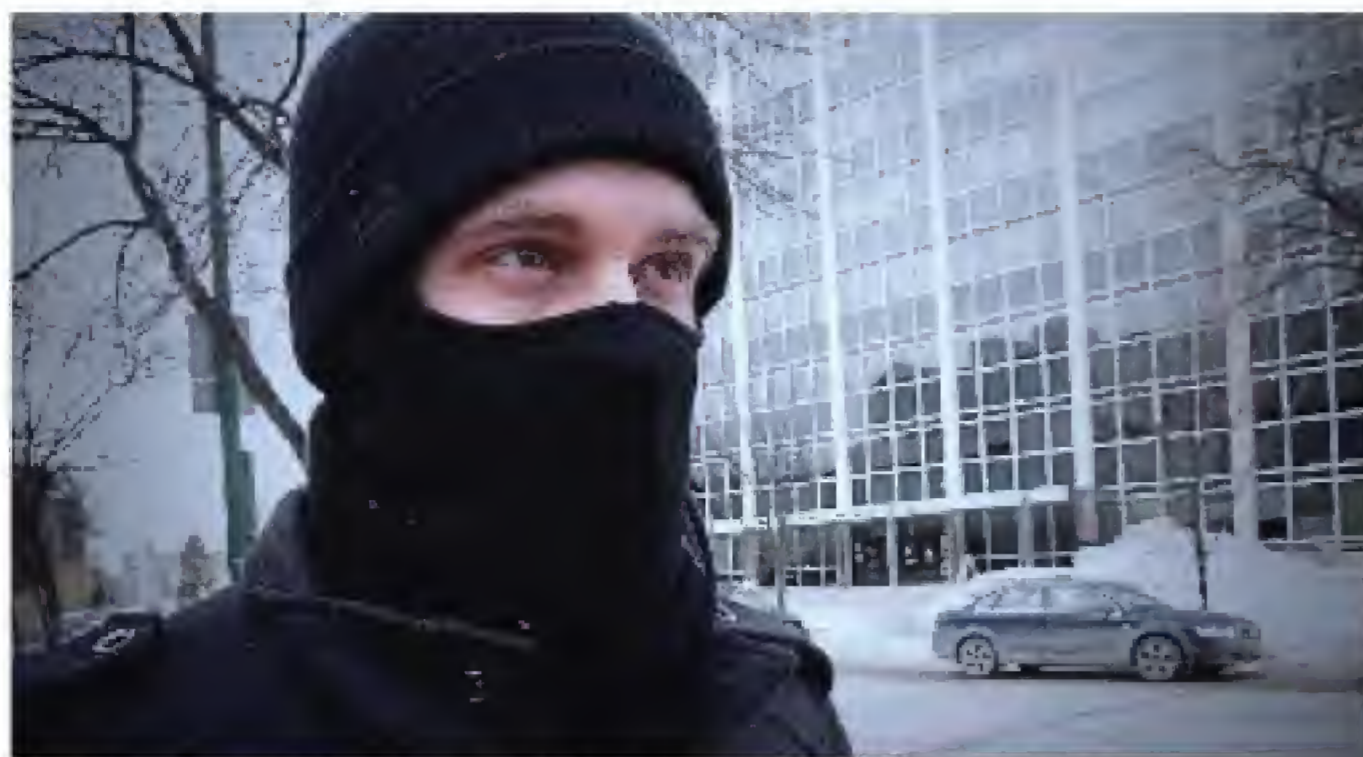
When it was all over, the terror suspect had detonated an explosive he was carrying, wounding a cab driver before being shot by a police sharpshooter. His target is still unknown.

Senior RCMP brass told the chilling tale Thursday at an Ottawa news conference. But so many questions remain.

Was this a successful security operation hailed by Prime Minister Justin Trudeau that, as RCMP deputy commissioner Mike Cabana said, prevented the loss of many more lives?

Or was it a failure of court orders — that prosecutors had agreed to hoping to restrict Driver's terrorist ambitions — and of Canadian security agencies who had to rely on the Americans for the intelligence that thwarted a plot?

One of the dominant questions: how did a man under a restrictive court order obtain



Terrorism suspect Aaron Driver was killed in a confrontation with police in Strathroy, Ont.

JOHN WOODS/THE CANADIAN PRESS

bomb-making materials and communicate a threatening video.

The FBI "came into possession" of a two-minute video by a black-hooded, masked, unknown assailant, said Cabana. The Americans transmitted the video and a photo to the Canadians around



We thirst for your blood.

Aaron Driver, in a video Mounties received from FBI

8:30 a.m. Wednesday.

"Oh Canada, you received many warnings," said the balaclava-clad figure in the video. "You were told many times what will become of those who fight against the Islamic State. You watched as your allies in Eur-

ope and America had their bullets and bombs returned back to them. You saw bodies of the filthy French laying in their own streets."

The RCMP's tactical analysts and CSIS scanned massive amounts of data against the grim video and photo — likely using software that can scan facial and voice patterns — and the whereabouts of terror sympathizers on Canadian watch lists. By 11 a.m. the RCMP-led integrated security team thought it had a match: Aaron Daniel Driver.

Driver was already under a judge-ordered peace bond with strict conditions meant to limit his movements, travel, internet communications and cell use.

Amarnath Amarasingam, a prominent researcher on Islamic extremists in Canada, speculated that it's possible the peace bond, in cutting him off from his new-found online community of like-minded extremists, actually served to further alienate and destabilize him. "It's possible that him being plugged in was actually a tempering force," he said. TORSTAR NEWS SERVICE

A timeline in the case of Aaron Driver, suspected of planning terrorist activities who was killed in a confrontation with RCMP:

1 Feb. 2: Driver's lawyer and the Crown agree to a peace bond. The bond acknowledges there are "reasonable grounds to fear that he may participate, contribute directly or indirectly in the activity of a terrorist group." Driver takes up residence in Strathroy, Ont.

2 8:30 a.m., Wednesday: RCMP receive a tip from the FBI, which found a martyrdom video made by someone "clearly in the final stages of planning an attack using homemade explosive devices." The attack was supposed to take place imminently, targeting an urban centre during rush hour. RCMP identify 24-year-old Driver as the suspect several hours later.

3 4 p.m., Wednesday: RCMP say Driver is seen getting into a cab at a home in Strathroy. Police swarmed the vehicle. They say Driver detonates a device in the back of the cab. Driver dies during the altercation with police. THE CANADIAN PRESS

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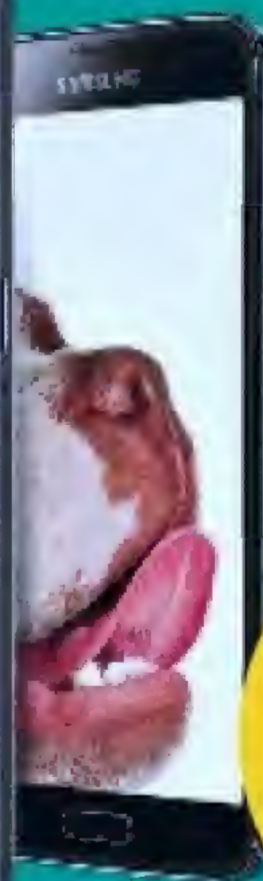
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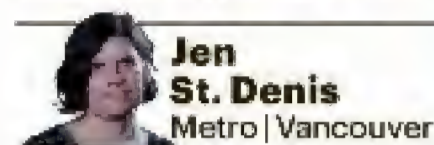
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Oldest fashion faux-pas

EVOLUTION

Study asks if Neanderthals fell victim to lack of jackets



Jen St. Denis
Metro | Vancouver

Did Neanderthals die out because their human competitors were better fashion designers?

A recent study of a database of animal bones found at several sites across Europe shows that Neanderthals probably weren't making close-fitting winter clothing like parkas, and it could be a significant factor in the species' decline.

"Twenty years ago there was a big debate around whether early humans evolved from Neanderthals or whether they



The prehistoric Neanderthal man "N," left, with Wilma, another reconstruction of a homo neanderthalensis, at the Neanderthal museum in Mettmann, Germany in March 2009.

MARTIN MEISSNER/THE ASSOCIATED PRESS

were people who migrated to Europe from Africa," said Mark Collard, an archaeology professor at Simon Fraser University who led the study.

"There is a consensus now that there was a wave of migration of humans out of Africa, through the Middle East and into Europe."

Archaeologists are now trying to figure out which differences between humans and Neanderthals led to one species

thriving and the other becoming extinct.

The bones Collard and his team analyzed were between 40,000 and 25,000 years old, a period leading up to the last ice age when the climate would have been changing to be colder and drier. The researchers found that there were many more animal bones from wolverines, rabbits and foxes in the human sites compared to Neanderthal sites.

While some of the animals may have been used for food only, the composition of animal bones makes Collard fairly confident that humans were making winter clothing while Neanderthals were not. For instance, it's known that people living in the Arctic commonly used wolverine pelts to make the ruff of a parka: the combination of long and short hairs make it less likely the fur will become frozen around the wearer's face.

The research gives credence to a previous hypothesis that while humans were making specialized winter clothing, Neanderthals only wore fur cloaks. Being able to make parkas would have given humans an edge over Neanderthals in being able to hunt for longer periods and in colder weather, Collard said.

It shouldn't be assumed that Neanderthals weren't making winter clothing because they were less intelligent than humans, Collard said. It could have been a cultural difference: there are examples of human populations who live in harsh climates without making or wearing much protective clothing.

CONTROVERSY

Ford's 'crack video' released to public

Three years after sparking a firestorm of controversy, a notorious video featuring Rob Ford smoking crack cocaine was made public on Thursday, a move that angered the late Toronto mayor's family and drew mixed reactions from the public.

The so-called "crack video" was released after the conclusion of a court case involving Ford's friend and driver Alexander (Sandro) Lisi, who faced an extortion charge related to efforts made to retrieve the clip.

Some people called publish-

ing the video "tasteless" and shameful, while others said they respected that media outlets were simply doing their job.

A further few said the video of the controversial politician, who died on March 22, 2016 from cancer at age 46, was simply "sad."

"Rob had a disease like millions of other people have diseases in our country and he went to go get help; he admitted it," Doug Ford told local TV station CP24. "They just want to rehash it and trample all over Rob's grave." THE CANADIAN PRESS



Former Toronto mayor Rob Ford surrounded by the media at city hall. A notorious video featuring Rob Ford smoking crack cocaine was made public on Thursday. AFP/GETTY IMAGES

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Trump entertains notion he could lose

U.S. ELECTION

Republican nominee takes a more humble approach

Straying from his trademark bravado, Donald Trump acknowledged Thursday that his presidential campaign is facing challenges and could ultimately fall short — a rare expression of humility by the Republican presidential nominee.

Trump's most explicit concession came as he pleaded for support at a gathering of evangelical ministers, where Trump observed he was "having a tremendous problem in Utah."

The same day, the billionaire celebrity acknowledged that his lack of political correctness could cost him the election if Americans reject his blunt approach.



I meant (Obama is) the founder of ISIS. I do.
Donald Trump

"We're having a problem," Trump told the ministers, adding that the next president could get to nominate up to five high court justices. "It could cost us the Supreme Court."

After trouncing 16 challengers in the Republican primary, Trump is encountering worrying signs as his campaign moves into the general election. Democrat Hillary Clinton's lead over Trump in national polls has widened in recent days, while a number of fellow Re-

publicans have declared they won't support their own party's presidential nominee.

Trump's self-awareness was a marked departure from his usual tenor on the campaign trail.

On Thursday, Trump cited a poll that actually showed him a few points behind Clinton and arguing the race between them was close. Asked by CNBC how he planned to reverse the advantage that Clinton has, Trump said he simply planned

to do "the same thing I'm doing right now."

"At the end, it's either going to work, or I'm going to, you know, I'm going to have a very, very nice, long vacation," Trump said.

Earlier this week Trump caused a major stir with comments about the Second Amendment that were perceived as advocating violence against Clinton, and found himself facing questions yet again after declaring Wednesday that President Barack Obama was the "founder" of Daesh — a claim that's patently false.

He brushed off conservative radio commentator Hugh Hewitt's attempt to reframe Trump's observation as one that said Obama's foreign policy created the conditions in Iraq and Syria that allowed Daesh to thrive.

"No, I meant he's the founder of ISIS. I do," Trump said, using another acronym for the extremist group. THE ASSOCIATED PRESS



A Greenland shark NATIONAL GEOGRAPHIC/GETTY IMAGES

SCIENCE

Greenland shark is now oldest vertebrate

In the cold waters of the Arctic, a denizen of the deep lurked for centuries. Now scientists calculate that this female Greenland shark was the Earth's oldest living animal with a backbone.

They estimated that the grey shark, part of the species named after Greenland, was born in the icy waters roughly 400 years ago, and died only recently. That conclusion puts the entire species at the top of the longevity list.

Using a novel dating technique, an international team of biologists and physicists estimated the age of 28 dead female Greenland sharks based on tissue in their eyes. Eight of the

sharks were probably 200 years or older and two likely date back more than three centuries, according to a study published Thursday in the journal Science.

Until now, that record holder was a bowhead.

The oldest of the Greenland sharks examined was nearly 16.5 feet long (5 metres) and estimated to be 392 years old when it was caught around four years ago. But that calculation comes with a huge margin of error — plus or minus 120 years — due to the newness of the dating technique, said Nielsen, a marine biologist at the University of Copenhagen.

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metro NEWS World

Weekend, August 12-14, 2016 19



Burnt vehicles following a fire in Vitrolles, southern France, on Thursday, which devastated 3,300 hectares. AP/GETTY IMAGES

France fights off wildfires

NATURE

Country's second-largest city Marseille escapes harm

Firefighters in southern France brought in reinforcements from across the country on Thursday to help smother the last flames and douse dry brush after wind-whipped wildfires devastated thousands of acres and destroyed homes but spared Marseille, the nation's second-largest city.

There was no letup in the high southern winds, known as the Mistral, raising the risk of new bursts of flames after the worst blaze in recent years was contained.

Meanwhile, a fire broke out Thursday in the Pyrenees-Orientales region, southwest of Marseille.

Multiple fires started up on Wednesday, west and north of Marseille, and President Francois Hollande said some were of criminal origin. "We will find those who started them," he said, but did not elaborate.

A man behaving suspiciously in Vitrolles, one of the towns most ravaged by flames, was detained for questioning, according to French media.

Fires were burning in Portugal and Spain. Two arrests were made in the deadliest of more than 100 fires in Portugal, on the island of Madeira, that killed three people.

French Interior Minister

ELSEWHERE

■ In Spain, authorities said five major fires were raging in the northwestern region of Galicia, with 10 others under control.

■ In Portugal, firefighters also battled multiple fires for a sixth straight day. A total of 186 wildfires were counted Wednesday on Portugal's mainland alone and on Thursday, 12 were burning out of control.

Bernard Cazeneuve said four people were seriously injured — a resident of the Marseille region and three firemen who battled a blaze on Wednesday in the nearby Hérault region. More than 3,000 hectares of vegetation were destroyed in the Marseille area, the Hérault and the Pyrenees-Orientales regions.

Residents of the region north of Marseille, especially Vitrolles and nearby Pennes-Mirabeau, woke up to take an accounting of the scorched and still-smoking landscape and their losses. More than 1,000 had spent the night in gymnasiums.

"Today, at this time, the fire is, as we say, mastered. That means that it is not expanding any more there are no visible flames," said Vice-Admiral Charles-Henri Garrier, commander of Marseille's firefighter battalion, speaking near Vitrolles, just 25 kilometres north of Marseille.

THE ASSOCIATED PRESS

SYRIA

Russia strikes Daesh-held city of Raqqa

The Russian military sent long-range bombers to strike a series of Daesh targets in the group's de facto capital of Raqqa on Thursday — a fresh round of airstrikes that Syrian activists said killed at least 20 civilians and came amid Turkish calls for greater co-operation with Moscow against the extremist group.

The offer by Turkish Foreign Minister Mevlut Cavusoglu to co-ordinate with Russia on operations against Daesh followed a meeting between the Russian

and Turkish leaders earlier this week in which they agreed to mend ties.

Relations between the two nations, which back opposite sides in Syria's civil war, soured after Turkish air force jets downed a Russian warplane on the Syrian border in November. Russia retaliated by deploying long-range air defence missile systems to its base in Syria, 50 kilometres (30 miles) south of the border with Turkey and imposing an array of

economic sanctions.

Cavusoglu also said Turkey would resume airstrikes against IS targets in Syria, months after they were suspended amid the row with Moscow. "On the issue of Daesh, we have made a call to Russia. We said we have a common enemy which we can struggle against together," Cavusoglu said.

Russia's deputy foreign minister, Mikhail Bogdanov, welcomed the Turkish initiative.

THE ASSOCIATED PRESS

+ CIVILIANS

A local activist group, Raqqa is Being Slaughtered Silently, said at least 20 civilians were killed in the assault. The Britain-based Syrian Observatory for Human Rights said 24 civilians were killed, along with six others whose affiliation were not confirmed.

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22 Weekend, August 12-14, 2016

Business metro NEWS

Superheroes fail to rescue Cineplex

BOX OFFICE Stinker movies reflected in early summer numbers

The dogs of summer were plenty at the box office in the early weeks of Hollywood's biggest movie season — and even a raft of superheroes couldn't save Cineplex Inc.

One failed movie followed another during the April to June film slate and that left Canada's largest movie exhibitor with

more empty seats in its theatres. "We thought it was, from our perspective, a lot lighter," chief executive Ellis Jacob said Thursday of the second-quarter results where profits dropped 72 per cent.

It's not the kind of results the company looks for in the weeks that typically mark the warm-up to a bombastic summer where eager moviegoers are supposed to show up in droves.

Such ambitious prospects were hard to find this year as duds like the latest instalment of "Teenage Mutant Ninja Turtles," the critically panned "Alice Through the Looking Glass" and

underperforming comedies "The Boss" and "Central Intelligence" quashed the hopes of another record-breaking season.

"You name it, there were a lot of titles," Jacob said of the flops which knocked Cineplex's profits down to \$7.2 million versus \$25.5 million the same time last year.

It was always going to be difficult for Cineplex to outdo its early summer performance of 2015 when the roster of marquee superheroes in "Avengers: Age of Ultron" stole the show. Other films on that summer's slate became some of the biggest box-office draws of all time, including the carnivorous relics

in "Jurassic World" and the buff street racers of "Furious 7."

This summer's "Captain America: Civil War" didn't encourage quite as much enthusiasm. While the action flick delivered the biggest percentage of business for Cineplex, it fell short of Marvel's "Ultron" ticket sales last year. Other superhero showdowns in "X-Men: Apocalypse" and "Batman v Superman" proved that even timeless franchises can be hurt by weak reviews and poor audience response.

Overall attendance at Cineplex fell 14.4 per cent to 16.9 million patrons for the three months ended June 30. THE CANADIAN PRESS



People react at Cineplex's new 4D auditorium. COURTESY CINEPLEX

ECONOMY

IMF, Egypt agree on \$12B loan

The International Monetary Fund said Thursday it will grant Egypt a \$12 billion loan over three years to help the Arab world's most populous country mend its economy following years of unrest.

The IMF said the loan, which is subject to approval by its executive board, comes in support of a government reform program that aims to stabilize Egypt's falling currency, reduce the budget deficit and government debt, as well as boost growth and create jobs.

"Egypt is a strong country with great potential but it has some problems that need to be fixed urgently," it said in a statement, adding that planned government measures include tax increases and cuts in energy subsidies. Egypt said earlier this week it would raise electricity prices by a least a quarter, part of plans to eliminate the subsidies altogether by 2019.

Egypt's economy has been struggling since the 2011 uprising that overthrew autocrat Hosni Mubarak, with high inflation, foreign currency shortages, and lack of tourism and investment. THE ASSOCIATED PRESS

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CRTC

Canadians pay more for mobile

A CRTC report says Canadians pay some of the highest prices for mobile phones compared to those living in the other G7 nations and Australia.

Canadians paid the most for entry-level wireless service of 150 minutes, shelling out an average of \$41.08, according to the study. Nordicity prepared the report, which surveyed several service providers in six Canadian cities as well as some in the other nations.

In Germany, where entry-level service is the least expensive, people pay \$17.15 on average, according to the report.

Canadian services claimed the second- or third-highest price for the five other higher-service options studied, like unlimited talk and text with five GB of data.

The report found Canadians' wallets received a reprieve when paying for land lines. Canadians were among those paying the least for fixed home phones.

But Canadians found themselves among those paying the most for fixed and mobile internet. THE CANADIAN PRESS

CREDIT CARDS

Read fine print, expert warns students

As thousands of Canadian students head off to college and university this fall, many will find themselves bombarded with credit card offers.

But experts caution that it's important to be prudent or risk harming your credit score, which could affect your ability to land a mortgage, purchase a car or secure a loan years down the road. Jackie Rosen from rate.com-

parison website RateSupermarket.ca says it's common for credit card companies to offer incentives, such as free T-shirts and other goodies, to lure students into signing up.

"You need to be really careful

and read all the fine print before you sign up for any credit card," says Rosen.

"No. 1 is always, always read the fine print before you sign up for anything, because you don't know ... if you're going to get an

extra service you don't need."

Those services can end up costing more in fees, says Rosen.

When choosing a card, Laurie Campbell, the CEO of Credit Canada Debt Solutions, recommends going for one with no annual fee.

"Students are going to find they don't have many options when it comes to credit cards," says Campbell.

"They're going to find that be-

cause they've never had credit in the past, they're not going to get that platinum card with all those bells and whistles. They're not going to get a card with a lot of different types of points on it."

The interest rate shouldn't matter too much, Campbell adds, because the key is to pay off the card every month rather than carrying a balance.

THE CANADIAN PRESS

market minute

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- TSX** 14,796.06 (+21.02)
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You need to be really careful ... before you sign up for any credit card. Jackie Rosen

DECODED by Genna Buck and Andrés Plana

HORRIBLE, HORRIBLE HEATSTROKE

It's hot out there in many parts of Canada. And when the mercury passes 30 and keeps on going, and high humidity prevents sweat from drying, there's a risk the body's system for keeping itself cool will be overwhelmed. The result can be life-threatening **hyperthermia** (a.k.a. heat stroke), especially among the elderly, unwell and people who for some reason have to be outside. Here's how it works.

YOUR BRAIN
It's believed the body produces a flood of inflammatory proteins called **cytokines** during heat stress. These increase pressure and decrease blood flow in the brain. **Confusion, seizures and even coma** may be seen.

YOUR KIDNEYS
Muscle tissue can break down due to heat shock, especially if you're exerting yourself a lot. The stress of trying to process the products of that breakdown is one reason kidneys may get overwhelmed during heatstroke, leading to the risk of **renal failure**.

YOUR SKIN
Sweating may stop. Skin appears dry, red and flushed.

YOUR GUT
Nausea and vomiting are well-known symptoms of heatstroke. Just as dangerous: because blood is diverted to muscles and skin, there can be drastically reduced blood flow and inflammation in the intestines.

YOUR HEART
The **heart pounds hard and fast** in an attempt to send blood to muscles and skin to dissipate heat. If electrolytes are depleted, as can happen during dehydration, the heart won't be able to do this.

DANGER ZONE
Heat Exhaustion is common and not fun. Symptoms include sweating, feeling faint and dizzy, nausea and vomiting and a racing heart. It's treated with rest, fluids with electrolytes, and, of course, cooling the person down. Untreated, it can lead to heatstroke.
Heat Stroke can set in at body temperatures of 40 C (104 F) and above. It's a medical emergency that requires immediate attention — call 911!
DID YOU KNOW?
In the next 30 years, the number of extremely hot days is expected to at least double in many parts of Canada.

SOURCES INCLUDE: N ENGL J MED, VOL. 346, NO. 25

NEWS

Your week in science



KEVIN MAZUR/WIKIMEDIA COMMONS

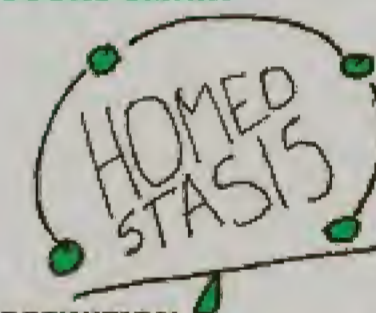
GRUESOME GREECE

A dig on Mount Lykaion — the legendary birthplace of Zeus — has turned up the skeleton of an unlucky 3,000-year-old teenager. Researchers believe the boy may have been a human sacrifice because of the way he was buried. Ancient writers like Plato describe such rituals. Legends say people who ate the flesh of such hapless chaps would become a wolf for nine years.

GALACTIC TAN

According to a new study in *Astrophysical Journal*, ten-trillionths of the light that hits you when you're sunbathing on the beach comes from distant stars other than our sun.

SOUND SMART



DEFINITION

Homeostasis is the fairly constant internal state (such as a constant body temperature) your body works to maintain despite changing outside factors. Sweating during hot weather helps cool you off and maintain **homeostasis**.

USE IT IN A SENTENCE

I'm worried about Dorothy messing up her **homeostasis** and getting heat exhaustion from so much time in the hot tub. Her sweat isn't drying and cooling her off.

PHILOSOPHER CAT by Jason Logan

SCIENCE IS NOTHING MORE THAN THE REFINEMENT OF EVERYDAY THINKING.



Philosopher cat now at www.mymetrostore.ca

CITIZEN SCIENTIST by Genna Buck

How not to be taken in by the tooth fairy

It's been a tiring week for the skeptical and science-minded.

Thanks to swimmer Michael Phelps, everyone is talking about cupping — an alternative medical practice supported by nary a shred of evidence.

Yet there are some published papers that say cupping works. They're pretty much all junk. But even with a trained eye, junk science can be hard to differentiate from the real thing. Nevertheless, I have a few junk-spotting tricks to share. Here's a partial list.

First: Does a claim (i.e. "cup-

ping effectively treats pain") appear in a scientific paper (and not just a quote)? If so, does the publication have a good reputation? Look at its **impact factor**, the average citations per paper. The higher the factor, the more trusted the journal. Sometimes I search the title or publisher alongside "predatory journal" to rule out scientific mischief.

Second: Look at methods. A paper should never try to prove something works, but rather present evidence showing it works better than a placebo or

standard therapy. Look for the words **double-blind randomized control trial**.

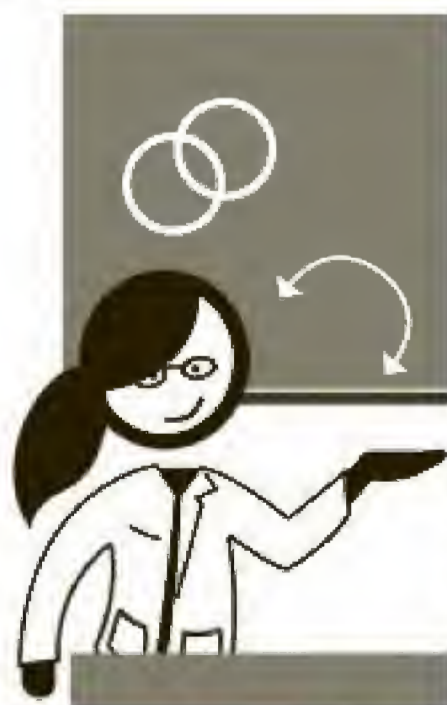
People studying and trying things like cupping are usually already convinced — intensifying the **placebo effect**. There's no way to blind a study like this: If you're being cupped, you know it.

Third: Sniff test. Even with good methods, a study can be junk. You can measure whether leaving a tooth under a pillow on a weekday generates more tooth fairy money than a weekend and get good data. But you

haven't learned anything about the tooth fairy. The **mechanism** is not probable. That's at work in many studies of quack remedies.

Fourth: If I'm stumped I phone a friend: a relevant, trusted scientist who was not part of the research. I ask them to walk me through the paper and evaluate it. Look for media articles that do this for you. If you can, make some science friends of your own. There's nothing better.

Science Question?
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Not for family consumption: Raunchy animated tale *Sausage Party* features Brenda the hot dog bun (Kristen Wiig), her boyfriend Frank (Seth Rogen), and other foods. CONTRIBUTED

For those who like dirty 'toons

SAUSAGE PARTY

Food porn you won't see on the Food Network

Richard Crouse

For Metro Canada



Hot on the heels of family-friendly cartoons like *Zootopia*, *The Secret Life of Pets* and *Finding Dory* comes an animated movie that definitely isn't for the whole family... unless it's the Manson Family.

The high concept of Seth Ro-

gen's NSFW *Sausage Party* was, I think, best summed up by twitter user @ByChrisSmith who wrote, "So that *Sausage Party* trailer... Toy Story for food with swears?"

It's the kind of food porn you won't see on the Food Network. "We started to think 'What if food had feelings?' said Rogen after a sneak preview at the South By Southwest Film Festival. "That really is what inspired the whole idea."

The story begins at a supermarket called Shopwell's. Frank the Sausage (voice of Rogen), his hot dog bun girlfriend Brenda (Kristen Wiig) and all the other foods — including Mr. Grits (Craig Robinson), a tomato (Paul



MOVIE RATINGS by Richard Crouse

Sausage Party	★★★
Pete's Dragon	★★★★
Florence Foster Jenkins	★★★★
The Infiltrator	★★
Equity	★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Rudd) and Teresa the Taco (Salma Hayek) — live in hope that one day a customer will choose them. When they find out what happens after the customer takes them home, however, they fight to avoid their fate.

R-rated and raunchy, Rogen says he showed an early cut to Borat star Sacha Baron Cohen.

"*Sausage Party* appalled him in some ways," said Rogen, adding that Cohen, cinema's Prince of Provocation, called it "the craziest thing I've ever seen in my life."

Someone who might not have been surprised by *Sausage Party* is Ralph Bakshi, a legendary animator who once said, "You know

it's working if you're making movies you don't want your mother to see."

Bakshi began his career working for Terrytoons, home to cartoon characters like Heckle and Jeckle and Mighty Mouse but left TV to make first animated film to receive an X-rating from the MPAA. Loosely based on a character created by cartoonist Robert Crumb, who later disavowed the film, 1972's *Fritz the Cat* is a trippy counterculture flick about a streetwise feline who smokes dope and has run-ins with the Hell's Angels and the Black Panthers. Extremely controversial — New York Times critic Vincent Canby wrote, "(There's)

something to offend just about everyone" — it became the first independent animated film to gross more than \$100 million at the box office.

More adult animation came with the R-rated *Heavy Metal*. An anthology made up of eight stories bound together by an intergalactic traveller described as the sum of all evil.

Both *Fritz the Cat* and *Heavy Metal* were successful enough to spawn sequels that tried, and failed, to recapture the success of the originals.

When asked if there might be a sequel to *Sausage Party*, Rogen said, "That would be dope. All we do are franchises now."

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INTERVIEW

New doc looks at the issues threatening elephants

Steve Gow
For Metro Canada

It seems like most causes have their own special commemorative day, but Patricia Sims believed so passionately that elephants deserved their own anniversary she created one.

"I guess I've always had a thing for big, interesting, smart animals," laughed the Canadian filmmaker and co-founder of World Elephant Day.

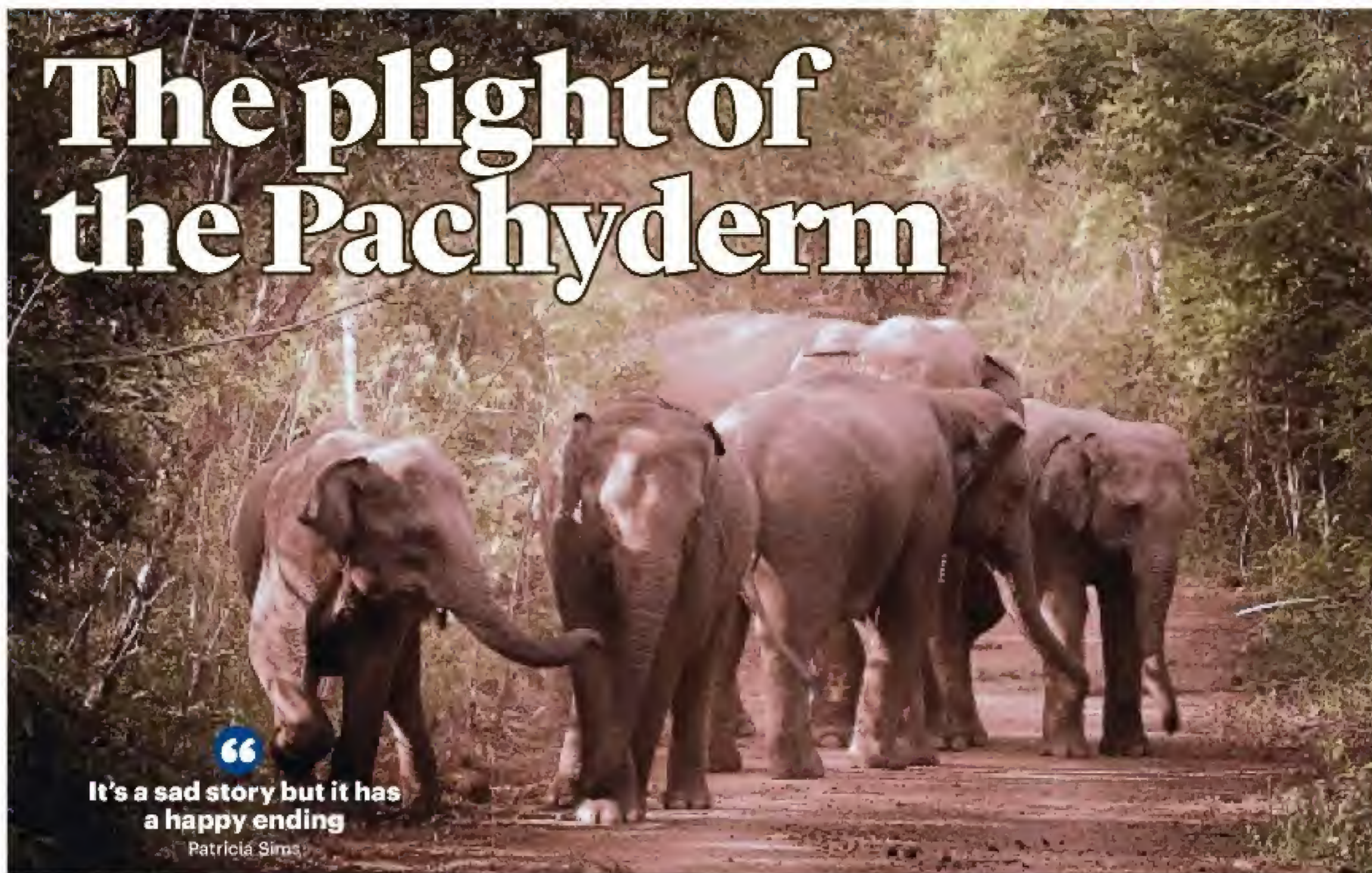
"When I started to learn about all the elephant issues, I felt we needed to consolidate all of that under one umbrella on one day to put everybody's focus towards this reality for elephants (and) ultimately, what it means for us."

Celebrating its fifth year on Friday, Sims is marking the anniversary with the debut of her emotional documentary film *When Elephants Were Young* — a look at the issues threatening the endangered mammals and, in particular, the bond between a compli-

The plight of the Pachyderm

“It’s a sad story but it has a happy ending”

— Patricia Sims



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ant pachyderm and its proprietor in Thailand — especially when the mammoth servant gets released back into a wild sanctuary.

"It's a sad story but it has a happy ending," insisted Sims of the film's persuasive presentation of the plight of Asian elephants, said by some to be extinct within 30 years due mainly to loss of habitation. "Not every elephant can go back to the wild obviously (but) at this rate, there just won't be any space for them to live and to exist."

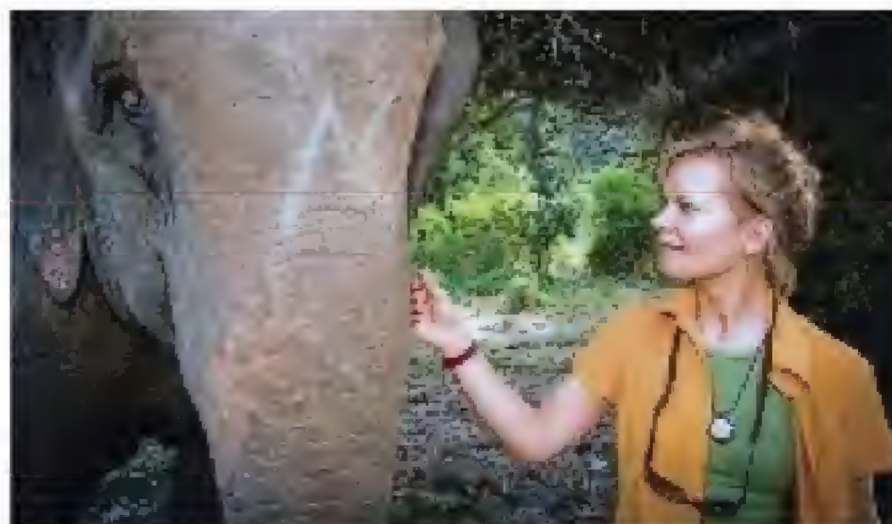
Sims hopes her William Shatner-narrated documentary will be as powerful at building awareness and action as World Elephant Day has been since its introduction half a decade ago.

In that short span of time, the day of observance has forged partnerships with 100 conservation organizations and continues to enlighten an ever-increasing number of individuals around the world to the many issues accelerating the depletion of the extraordinarily intelligent elephant.

"Elephants are iconic so for many people they define the best of what wildlife and the natural world is (and) they're actually more like humans than any other animal in terms of their social and emotional behaviours," said Sims, adding that her film further highlights that connection between simple

ELEPHANT FACTS

- The Asian elephant range has shrunk by over 70 per cent in last 50 years.
- There are less than 4,000 elephants remaining in Thailand where over 100,000 roamed at the start of last century.
- One of three Asian elephants left in the world is a captive animal.
- Research suggests that captive elephants suffer long-term depression and drastically shortened life spans.
- Elephants are helpful creatures: "Elephants that are reintroduced are not related to each other (yet) they reorganize themselves in a wild family group or social herd," said Sims of the success of reintroducing captive pachyderms to the wild. "I found it amazing that it could happen and that they would help each other — that's the coolest thing." source: WORLD ELEPHANT DAY.ORG



Patricia Sims is the filmmaker behind *When Elephants Were Young*. CONTRIBUTED

citizens and the gentle giants. "I think people have become more aware that if we

lose elephants, we're going to be next — there's so many similarities."

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THE TV DINNER JESSICA ALLEN



It's not often that I get home at 2:45 a.m., remove my bra, settle into the couch with an order of poutine — traditional, obviously — and tune up the first *Sex and the City* movie. But I did last Saturday.

I was at a bachelorette party for a dear friend earlier on. It was good, clean fun — as in a cheese platter and prosecco, rather than strippers — because a couple of weeks before her party the bride-to-be found out that she was pregnant with her second child.

That's why, just before midnight, when one of the six women in our group suggested we go dancing, I was

I was approaching ecstasy: There were no questions, no one to judge me shovelling gravy-soaked fries into my mouth. Then I heard the pitter-patter of little feet.

fairly certain our guest of honour would tenderly touch the miracle of life inside of her and laugh off the suggestion.

But she was game. Before I knew it, we were descending the stairs into El Convento Rico, a club on College Street known for drag queens and Latin music. I was wide-eyed as I watched men grind up behind women. Every time I detected a waft of heavy cologne or saw a silk shirt unbuttoned to the navel revealing thick, gold chains, I tried to get my friends' attention as if to say: Look! This stuff actually exists! It was like being in a waking fairy tale, but hotter, and with a techno-dance version of Justin Bieber's *Sorry* as our soundtrack.

We stumbled out after last call, and before jumping in a cab, I made a pit stop at Smoke's Poutinerie.

That brings us back to the couch, where I was approaching ecstasy: There were no

THE MOVIE: *Sex and the City*



questions, no one to judge me shovelling gravy-soaked fries into my mouth. It was alone time, emphasis on alone.

Then I heard the pitter-patter of little feet down the stairs. "You're home!" Simon

THE MEAL: Smoke's Poutinerie



said, wearing nothing but his underwear and a night guard.

"What are you doing up?" I asked nervously, shielding my poutine like a tigress protecting her cub. "You should go back to bed."

"Sex and the City! Move over, girl!" Simon said.

"But this is my special time!" I pleaded.

"You know, I always felt that they should've played the music from *Platoon* when Big

doesn't show up to his wedding," he said.

"You can stay if you promise to be quiet."

"Did you notice that Carrie is constantly reading a *New Yorker*?" he said. "You can stop hiding your poutine. I ate an entire bag of Chicago mix popcorn tonight."

I continued eating, with trepidation.

"Jennifer Hudson has an ideal body in this movie, if you ask me."

"I didn't."

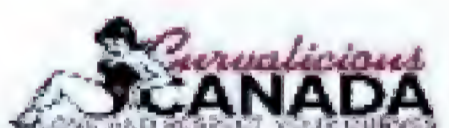
"That she lost weight after this movie is an American tragedy. Smith Jared's body truly is remarkable, don't you think? Do you think he's related to Jon Bon Jovi? Steve is probably the best character on the show," he paused. "Have you Googled where that Mexican resort is yet? We should stay there," he continued, using my phone for research.

When the movie ended, I brushed my teeth. When I returned to the scene of the couch, Simon had started the second *SATC* movie. I grabbed the remote and turned it off.

Someone had to show a little restraint.

Jessica Allen is the digital correspondent on CTV's *The Social*.

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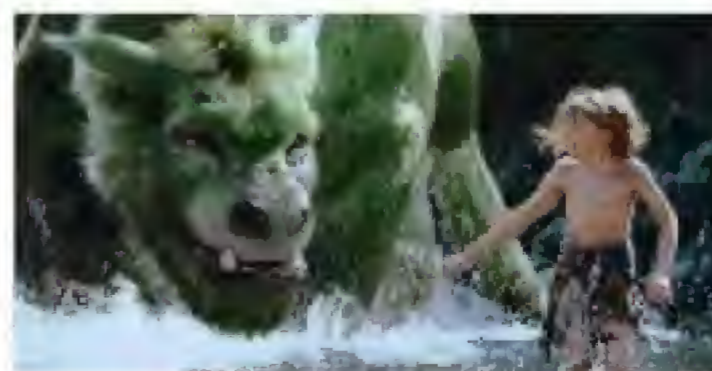
3 Things to know about the new Pete's Dragon

There's more galumphing Great Dane than scaly mythic beast about endearing Elliot, the massive green-furred winged dragon at the heart of Disney's latest live-action-CGI mix. TORSTAR NEWS SERVICE



1 It's less corny than the original

Related only in the boy-and-his-dragon concept to the 1977 cornball version, *Pete's Dragon* is less visually awe-inspiring than similarly themed 2016 release *The Jungle Book* but steadily tugs heartstrings more effectively.



2 It's emotional

Director David Lowery (*Ain't Them Bodies Saints*) opens the film on a sombre note, as tragedy separates 5-year-old Pete from his family, leaving him alone in the forest. His encounter with a curious dragon is the first of several scenes that hang on Lowery's ability to convey a child's sense of wonder.



3 It's set in a simpler time

Lowery sets the film in the '70s, with touch-tone phones and records on the turntable (there's even a few bars of Leonard Cohen's *So Long*, Marianne), the freedom from digital distractions welcome.

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“

I just enjoy women and characters who are complex, strong and have something to say. I really feel that if we want gender roles or perceptions to change, then we have to keep shining a light on the conversation. Anna Gunn

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Anna Gunn, who describes new film *Equity* as a suspenseful thriller, is rapidly becoming one of the female power players in the industry. SUPPLIED

Gunning for a genre reversal

INTERVIEW

Anna Gunn on why *Equity* is not Wall Street for women

Steve Gow
For Metro Canada



"I've been waiting for a role like this for many, many years," admitted Anna Gunn while recently discussing her

portrayal of a high-powered investment banker in the new thriller *Equity*.

A progressive film entirely written, produced and directed by female talent, *Equity* isn't just a Wall Street for women, it's turning the long-traditions of the finance genre-film and flipping it on its head by reversing the roles most-often reserved for money-hungry hunks.

"It's not a chick flick, it's not a movie just for women," said Gunn.

"It's a taut, suspenseful

Wall Street thriller that happens to feature female stars and female characters so it's very refreshing.

"It's important to see this world from the female point-of-view because people think of it as a male-dominated field, which frankly it is," said the 48-year old star. "However, there are also incredibly strong (women in it)."

The Emmy Award-winner points in particular to Barbara Byrne — one of the finance world's top power-players.

To prepare for the mov-

ie, Gunn met the legendary investment banker (who also helped fund the feature) and borrowed many of her qualities and personal experiences for the part.

"She really became the template for this character," added Gunn, who insists the more she learned about the female dynamic and history on Wall Street, the more she saw parallels of inequity in the entertainment field as well.

"It's the same thing in Hollywood but what I am

hopeful and optimistic about is that there are richer roles for women than there has ever been and that's hopefully going to move into the future."

It does seem that the times-they-are-a-changing slightly in Hollywood.

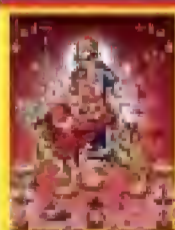
Although Gunn has been fortunate to land powerful female characters in recent TV shows like *Breaking Bad* and HBO's classic western *Deadwood*, the thespian experienced many years of auditioning for mediocre matrons

before rising to become one of her own industry's power players.

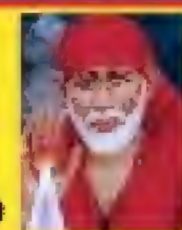
"There's been a lot of girlfriend roles (or) a woman in jeopardy," laughed Gunn, adding when she didn't get a part she was often told she was 'too sophisticated.'

"I thought sophisticated was great but it was kind of a code word for being maybe too overpowering. That was a time when there was still a worry about the woman overshadowing the male character."

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FESTIVAL NEWS

Jackie Kennedy biopic up for TIFF prize

The Jacqueline Kennedy biopic Jackie, starring Natalie Portman, will compete for a \$25,000 jury prize at this year's Toronto International Film Festival.

The Pablo Larrain film — which also stars Peter Sarsgaard,

Greta Gerwig, and Billy Crudup — follows the first lady after U.S. President John F. Kennedy is murdered.

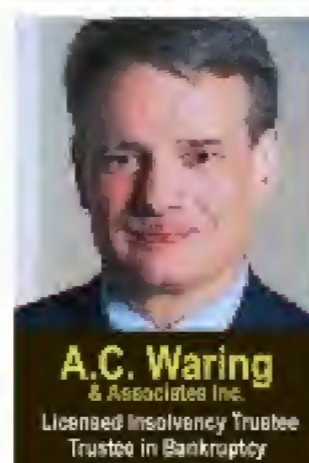
It's competing in the festival's international Platform program, which also includes the world

premiere of Canadian Inuk filmmaker Zacharias Kunuk's *Maliglutit* (Searchers), a kidnapping-murder tale set in Nunavut, circa 1913.

Also having its world premiere is the Canadian drama

Those Who Make Revolution Halfway Only Dig Their Own Graves by Mathieu Denis and Simon Lavoie. It follows four 20-somethings from Quebec who engage in vandalism.

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Sony hack didn't tame Seth Rogen

INTERVIEW

Sausage Party again pushes the limits in Hollywood

A little less than two years ago, Seth Rogen and Evan Goldberg's North Korea comedy, *The Interview*, spawned the hack of Sony Pictures and a crisis unlike any previous in Hollywood. The experience hasn't done much to tame them.

In the crudely funny but not crudely animated R-rated comedy *Sausage Party*, Rogen and Goldberg are again pushing the limits of today's risk-averse Hollywood — and Sony is still backing them.

"That experience in no way made us more timid, I don't think. If anything, it showed how this (expletive) can really hit the mark in ways that you never imagined it would," says a chuckling Rogen.

"But I would probably think twice before killing a living dictator in one of my films."

No foreign country has lambasted *Sausage Party*. ("Not yet," notes Rogen). But the comedy's extreme profanity in a medium most associated with Disney makes *Sausage Party* an audacious release for any studio, let alone one brought to its knees by a previous film from the duo.

Rogen and Goldberg (co-writers and producers) have been working for nearly a decade on *Sausage Party*, their own warped version of a Pixar movie, complete with a song by Beauty and the Beast composer Alan Menken. It's set in a supermarket where food and grocery items believe their salvation lies in being purchased and taken "to the great beyond."

There's some of the existentialism of their apocalyptic comedy *This Is the End* and even hints of the political satire of *The Interview*.

But there's mostly a stagger-

ing amount of double entendre (Rogen stars as a hot dog who dreams of uniting with Kristen Wiig's bun), a prolonged orgy scene and even a villainous douche. "The real problem getting it made was not the talking douche or the graphic sexual stuff or the specific statements that it made," says Goldberg.

"The real thing was: 'Rated-R CG film.' That was the phrase that stopped the studios from making it. There's no model."

The pair — childhood friends from Vancouver turned creative collaborators — spoke separately in recent interviews. Goldberg on the phone from Los Angeles and Rogen over coffee in the East Village, with his dog, Zelda, quietly perched next to him.

In some ways, the fiasco of *The Interview* is long behind them.

They released their holiday comedy *The Night Before* last November with Sony and have dived into their AMC series



Seth Rogen and Evan Goldberg, co-writers and co-producers of *Sausage Party*, pose together for a portrait in Beverly Hills, Calif. The film will be released nationwide on Aug. 12.

CHRIS PIZZELLO/INVISION/AP

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... I would probably think twice before killing a living dictator in one of my films.

Seth Rogen on whether he would make another film like *The Interview*

Preacher, among other projects.

But both acknowledge the experience of *The Interview* remains omnipresent. Their office is still on the Sony lot and they've continued to work closely with the studio that, under former head Amy Pascal, fostered their early films. "I overall remember it sucked. It was just a massive bummer," says Rogen of the hack. "It took a long time to emotionally recover from it."

"We all talk about it all the time and we will forever," says Goldberg. "Seth and I don't agree on what happened, even. He's less sure that it was North Koreans. I'm more sure. But it's not clear. We also have a running theory that someone started it and someone else picked it up."

They say there were many frustrations in the hack — how the media reported it, how the studio handled some aspects of it, how the theatres refused to screen the film.

THE ASSOCIATED PRESS

INTERVIEW

Luhmann gets down with Netflix nostalgia show

From HBO's 1970s rock 'n' roll drama *Vinyl* to Netflix's '80s sci-fi hit *Stranger Things* and its new hip-hop origins series *The Get Down*, it's clear there's an appetite for the past.

And *The Get Down* co-creator Baz Luhrmann believes it's partly due to the U.S. presidential election. "I think I can say it pretty bluntly, there's no doubt it's amplified by the current election cycle," says the Oscar-nom-

inated filmmaker behind *The Great Gatsby*, *Moulin Rouge!* and *Romeo + Juliet*.

"You have a youth that's pretty disappointed with the world that they're inheriting from the incumbent, adult world. They're pretty disappointed with what's been handed down ... and so what you see them doing is reaching out to (the past to) sort of identify their own sense of self within that. It's a way of examining

yourself through the prism of the past."

Debuting Friday on Netflix, *The Get Down* traces the birth of hip hop as a group of teens try to make their mark through rhymes and graffiti in South Bronx, N.Y., circa 1977.

It's set against the backdrop of a heated mayoral election, racial tensions, and a disco scene rife with drug trafficking.

Luhmann says he first

thought of the story idea 10 years ago in a Paris restaurant, where he saw a Jamel Shabazz photo of Brooklyn kids from that era.

"I went, 'I wonder how a pure, new creative thought got borne from a time when there was so much difficulty.'"

The native of Australia acknowledges he may seem an odd fit to tell a story about the origins of hip hop.

"You couldn't get anyone fur-

ther away from the centre of hip hop than me," he says.

"But over the years, hip hop, in its essence, is collage without prejudice in that there's no prejudice. It might take a German record, Trans-Europe Express, and mix it up with beats from James Brown and it makes something new out of these two disparate elements, this collaging to make a third idea."

THE CANADIAN PRESS



Baz Luhrmann.
THE CANADIAN PRESS

Why smart people like bad movies

COLUMN

New study shows 'trash hounds' appreciate high and low brow art

Peter Howell
Torstar News Service

In my family, anybody who attempts to put on airs or to make an unseemly demand is greeted with a variation on a Mike Myers line from *Austin Powers: The Spy Who Shagged Me*.

"Well, I want a toilet made out of solid gold, but it's just not in the cards, is it, love?"

There's a similar riposte, using a Rodney Dangerfield snapper from *Caddyshack*, to any Howell caught wearing amusing headgear. "Anybody who wears a hat like that ought to get a free bowl of soup — it looks good on you, though!"

The exchange usually results in mutual laughter, depending on the mood of the one being mocked. And I'm pleased, relieved even, to discover that our

juvenile sense of hilarity and love of dopey movies is actually the sign of high intelligence, rather than knuckle-dragging stupidity.

Britain's *The Independent* newspaper reported last week on a scholarly study published in the journal *Poetics* under this very serious title: *Enjoying Trash films: Underlying Features, Viewing Stances, and Experiential Response Dimensions*.

Study co-author Keyvan Sarkhosh, post-doctoral fellow at the Max Planck Institute for Empirical Aesthetics, wrote that although it may seem paradoxical for someone to voluntarily and happily watch a bad movie, it's actually a sign of a bright mind at work.

"To such viewers, trash films appear as an interesting and welcome deviation from the mainstream fare," Sarkhosh wrote.

"We are dealing here with an audience with above-average education, which one could describe as 'cultural omnivores.' Such viewers are interested in a broad spectrum of art and media across the traditional boundaries of high and popular culture."

"Cultural omnivores" sounds much better than "trash hounds," doesn't it? I'm surprised this story



Peter Howell writes that he appreciated *Suicide Squad*, despite its critical panning.

CONTRIBUTED

didn't get broader currency, but that's likely because it was swamped by the critical blood-letting for *Suicide Squad*, the supervillain adventure currently topping the box office.

I was among the few critics who actually had something good to say about the DC Comics movie — great characters, dumb story, 2 1/2 stars out of

4 — which overall received a 26 per cent "rotten" rating on the Rotten Tomatoes aggregate chart, one notch lower than the 27 per cent given to DC's *Batman v Superman* earlier this year.

Most critics were of the same mindset as Joe Morgenstern of the *Wall Street Journal*, who called *Suicide Squad* "ugly trash" and warned it "amounts to an

all-out attack on the whole idea of entertainment."

Others piled on with variations of the "worst movie ever" epithet. I wonder if they've seen *Movie 43*, the 2013 anthology comedy featuring a shameful array of slumming talent in a series of disgusting sketches. If I could have given it less than the zero stars I righteously awarded it, I

would have.

Suicide Squad is a far better film — I actually enjoyed it, in a cultural omnivore kind of way — yet it seems to have broken wider the perceived divide between critics and regular moviegoers. There was a brief online flurry, under the hashtag #CrushTheTomato, of *Suicide Squad* fans who wanted Rotten Tomatoes shut down, a classic case of shooting the messenger. (Rotten Tomatoes actually has a relatively low bar: at least 60 per cent of critics have to like a film for it to get "fresh" status.)

There were also a large number of news reports crowing about how *Suicide Squad* broke the August record with its \$134-million (U.S.) opening weekend take at the North America box office. The public came out for it, despite what all those nasty critics said! Hah-hah!

The same thing happened in the spring with *Batman v Superman*, a movie I hated, despite being a cultural omnivore. And I predict the same thing will occur with the second-weekend take for *Suicide Squad*, which will be at least 60 per cent lower than its debut, again like *Batman v Superman*.

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A short skip from royalty to reality

GOSSIP

Pippa's future brother-in-law U.K.'s version of a Kardashian

Shinan Govani
For Torstar News Service

And then there was Prince Harry.

Of the four main actors in the Westminster Abbey rah-rah that took place one bright morning five years ago, he alone remains at loose, romantically speaking.

Kate and William — who had above-the-fold billing on that day — have only entrenched themselves in the annals of smug marrieds, royal or otherwise, pumping out two children and ceaseless photos since.

And, oh, that other character in that quad, the hitherto unknown lass who nearly stole the show with her perky, if not near-treacherous, posterior? Pippa Middleton, Kate's gown-minder, just announced she is off the market, at long-last.

"In the nick of time just before her 33 birthday (the age of Jesus when he died — THINK ABOUT IT!)," snark-trumpeted Hadley Freeman in The Guardian, "Pippa is embracing her long-obvious destiny of living the '80s home counties dream and marrying a rich Chelsea financier."

That is to say, her fiancé James Matthews — a 40-year-old hedge-fund artiste who has a private plane and a ready vacation spot in legendary Eden Roc Hotel, which his family owns, in St. Barts — put "a ring on it," it being the finger



Pippa Middleton will marry Chelsea financier James Matthews next year. GETTY IMAGES

national alpha-adventuress: the younger Middleton sister's feats have included the 75-kilometre-plus Otillo swim-run across a Swedish archipelago, the Great Wall marathon in China and most recently, the conquest of a 15,000-foot peak in the French Alps.

What's seemed clear is that Pippa's job is to just be Pippa, a one-name mission that kept her in steady rotation through the British press and, because a calling like this calls for cycling narratives, involved her being cast, alternately, as an insatiable man-eater and a

The other sub-fantasy that had played its way into the marrow of British wish-fulfilment?

That Pippa was destined to have a consumption with the ginger Windsor who escorted her outside the church during the Royal Wedding that day in 2011.

The one-sister-for-Wills-and-the-other-for-Harry narrative proved so irresistible that one breathless mag report even had Pippa turning up on Harry's doorstep in tight jeans, prompting the professional royal spare to light up candles and serve up a "pasta carbonara that he'd prepared

himself."

God save the carbs.

The most utterly fascinating aspect of the freshly-baked Pippa engagement, though, is one that might be lost on those on this side of pond, and those who don't understand the nuances of British celebrity.

Her husband-to-be is the older brother of ne'er-do-well Spencer Matthews.

He is a reality television star so big in the United Kingdom that Pippa's marriage into the family is like a Kennedy marrying into the Kardashians.

This Spencer brother was one of the original cast-members of Made in Chelsea, a gauzy show in its 14th season about rich kids who party hard and love harder, and is the equivalent of the American-bred show The Hills.

Having squired and cheated a range of women on the show, with names ranging from Caggie, Funda, Louise, Lucy and Kimberly, Spencer has boasted about losing his virginity at 13 and sleeping with more than 1,000 women, and later even did some reality TV show moonlighting by auctioning himself off, so to speak, in a British version of The Bachelor.

Let's recap: this Spencer is going to be the brother-in-law of the woman who is the sister-in-law of Prince William.

From reality to royalty in three easy steps — can you imagine the family reunions?

When the Pippa-James wedding does happen — and its expected to be the society event of 2017 — it will be yet another step in the looping of a class clash in Britain, one that began when the daughter of a former British Airways flight dispatcher and flight attendant married into the House of Windsor.

(Pippa's) husband-to-be is the older brother of the ne'er-do-well Spencer Matthews. ... Pippa's marriage into the family is like a Kennedy marrying into the Kardashians

one bloodline removed from the future Queen of England.

The most famous bachelorette in the U.K. had become one of the world's greatest "dabblers," trying on a variety of roles, including writing a column for the Daily Telegraph (nixed after six months) and a party-planning book, called Celebrate (which prompted her to do anything but after it was one big, fat bust).

There was also her more successful turn as an inter-

Miss Havisham.

The latter reached Peak Pippa, when Life & Style published a cover with the headline, "Why Am I Undatable?", complete with seven different bridesmaids getups that the poor thing had worn over the years. Tabloid covers are an art form, and as far as this one goes, it told the story of a woman just one bridesmaid dress-strap from crying into her ice cream while belting out Céline Dion's "All By Myself," à la Bridget Jones.

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Touring Taiwan on two wheels

ADVENTURE

Stunning rides for every ability level

Mark Stachiew
For Metro Canada

Taiwan might be famous for making cheap electronics, but it also happens to be home to Giant, the world's largest bicycle company.

It exports millions of bicycles to every corner of the world each year, but also supplies a thriving local market in a land that is in love with the two-wheel ride.

Thus, visitors to Taiwan can easily explore the country on bike by riding a sprawling network of dedicated paths that caters to cyclists of all abilities. Numerous local operators offer tours that include bike rentals and support vans as well as restaurant and accommodation options that allow tourists to go at their own pace.

Here are some popular cycling itineraries, rated by difficulty, for people interested in discovering this green and pleasant sub-tropical island:

Easy

Take a U-bike in Taipei. Taiwan's capital has an extensive



From taking in tourist sites to taking on Taroko Gorge, Taiwan has a great bike ride for nearly everyone. ALL PHOTOS MARK STACHIEW/FOR METRO

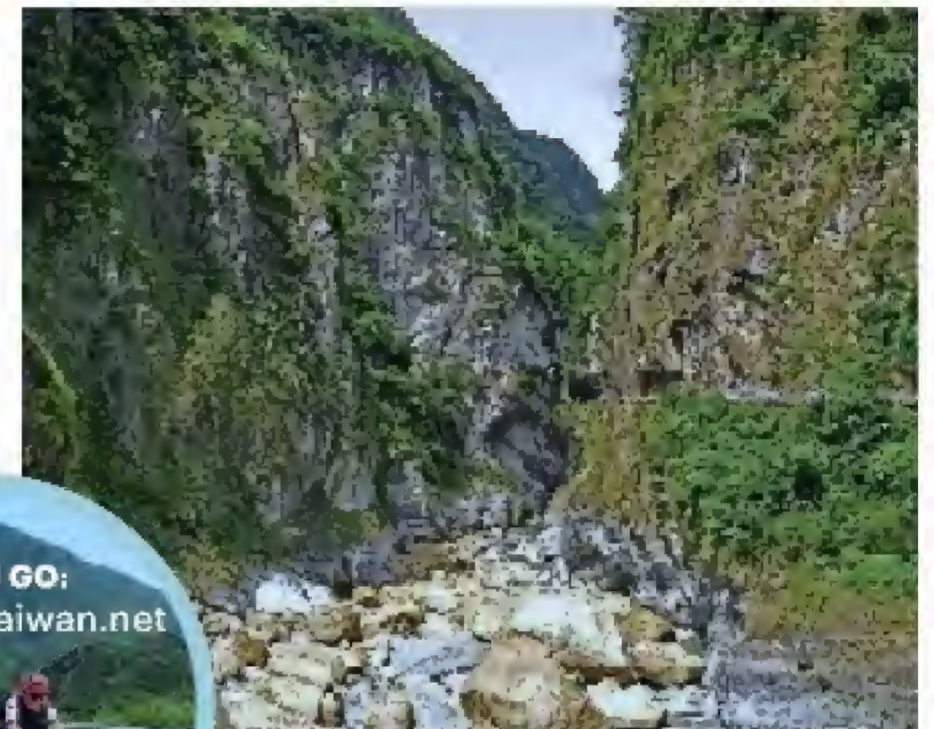
bicycle-sharing network that is a breeze to use. Ride out to Taipei 101 for the best views of the city from the top of an architectural marvel that was for a brief time the tallest building in the world. Check out the changing of the guard ceremony at the magnificent Chiang Kai-shek Memorial Hall, or simply meander to any corner of the city that catches your fancy. Unlike some Asian cities, Taipei's traffic is surprisingly civilized and riding a bike there doesn't feel like a death wish.

Ride around Sun Moon Lake. Taiwan's largest lake is one of its most scenic. Sacred to the Thao tribe, one of Taiwan's indigenous peoples, the lake has long been a popular resort area for Taiwanese. Cyclists can discover the lake's beauty with a 30-kilometre circumnavigation that brings them past magnificent temples and lush forests filled with monkeys, birds and noisy insects.

Medium

Follow the coastal route.

Taiwan's Coastal Mountain Range plunges steeply toward the sea. The green sides of the mountains are covered with dense, tropical foliage and their tops are shrouded in low clouds. Cyclists along this route stick close to the water's edge that is lined with craggy rocks and grey sand. It is part of Cycling Route #1, a path that circles the entire island of Taiwan and is a popular goal for Taiwanese cyclists that can be completed in about two weeks.



Discover the Huatang Valley

This inland route lies in a valley between two mountain ranges. Most of the ride is flat, but there are some long, gradual hills that can be tiring over long distances, but riders are rewarded when they go downhill. Much of the route rides past a quilted landscape of rice paddies. They are beautifully green most of the year and turn to gold come harvest time.

Difficult

Challenge the King of the Mountain. Every October, cyclists from around the world compete in Taiwan's most challenging cycling event, the King of the Mountain. Cyclists ride a stunningly scenic 105-kilometre route of switchbacks and hairpin curves that take them from sea level to 3,275 metres, high in the thin air of the mountains of the country's beautiful Taroko National Park.

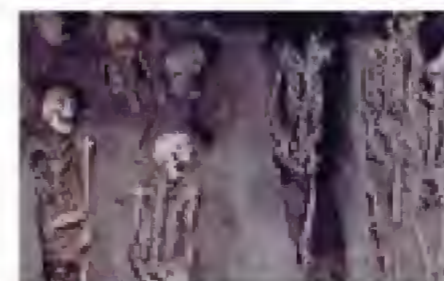
HISTORICAL TRIP THE JAILED-WITCH PROJECT

Archeologists have unearthed a witch prison beneath the Church of St. Nicholas, one of the largest and most prestigious burgh churches in Scotland. The discovery offers a gruesome glimpse into the city of Aberdeen's unsettling past over 600 years ago. **MICHAEL ROBINSON/FOR TORSTAR NEWS SERVICE**



1 Alleged love spell

Isobel Strathanchyn was accused of casting a marriage spell by telling a woman named Elspet Mutray to hang a cloth containing a bent penny and wax around her neck, "and when she saw the man she loved . . . stroke her face thereafter, and she so doing should attain to the marriage of the man whom she loved the best, and the said Elspet, understanding that the said direction to her was plain witchcraft and devilry, she cast the cloth in the fire."



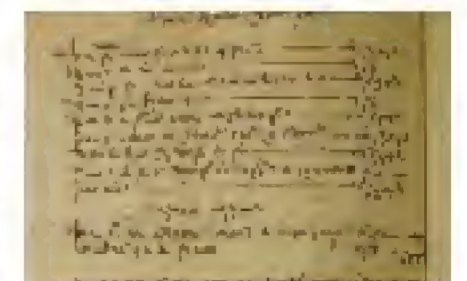
2 Wallsofbone

During the church's major excavation the remains of over 2,000 people have been found. Archeologists also uncovered bone fragments and skulls tucked away within the stone walls of an earlier church underneath the existing building.



3 Thering

Protruding from a wall on the church's grounds is the most conspicuous proof of the former prison's existence: An iron ring, Aberdeen's records reference such a ring, which researchers say was installed for the sole purpose of shackling witches.



4 Cityrecords

According to records in the City of Aberdeen Archives, several items were purchased to carry out Isobel Strathanchyn's execution. Treasurer's accounts list four tar barrels, a stake, 36 feet of tow (rope), and 26 "loads" of peat or fuel.

Rio gold medals are plated with just six grams of the expensive stuff, the rest — 494 grams — is 92.5 per cent purity silver



1 Queen of gymnastics — U.S. gymnast Simone Biles won gold in the women's individual all-around. Teammate Aly Raisman and Russia's Aliya Mustafina followed. Ellie Black of Halifax placed fifth, the best showing by a Canadian ever in the individual all-around.

THOMAS COEX/AFP/GETTY IMAGES



2 Playing for third — Vernon, B.C.'s Vasek Pospisil and his partner Daniel Nestor, of Toronto, will play for a bronze medal in tennis. The Canadians lost to Spain's Rafael Nadal and Marc Lopez 7-6 (7), 7-6 (6) in the semifinals of the men's doubles.

RYAN REMIOZ/THE CANADIAN PRESS

3 Midas touch — American Michael Phelps won the men's 200-metre individual medley to collect his 22nd career Olympic gold medal and fourth of the Games.

RICHARD HEATHCOOTE/GETTY IMAGES



Penny Oleksiak reacts after tying for the gold medal in Thursday night's women's 100-metre freestyle in Rio de Janeiro, Brazil.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Penny strikes it rich with glorious gold

RIO 2016

Teenager adds fourth medal with stunning tied triumph

Teen swimming sensation Penny Oleksiak tied for gold in the women's 100-metre free-

style on Thursday at the Rio Olympics.

The 16-year-old Toronto native finished in an Olympic record time of 52.70 seconds with American Simone Manuel. Sarah Sjöström of Sweden captured bronze in 52.99 seconds.

The gold was won in the final quarter of the 100-metre sprint. Oleksiak pushed to a furious finish to touch the wall at the same time as Manuel.

Oleksiak, now the young-

est ever Summer Games gold medalist for Canada, looked up in disbelief as her time and position flashed on the scoreboard in Rio.

The teenager becomes the first Canadian swimmer to win four medals in a single Summer Games. She had previously won two relay bronze medals and a silver in the 100-metre butterfly.

"Honestly, I don't think anything's changed other than

having so much support from Canadians," Oleksiak told CBC in a post-race interview about how her life has turned upside down since the Olympics began. "I'm just looking forward to going home and seeing everyone."

It was the first time a Canadian woman competed in the 100-metre freestyle since Marion Lay finished fourth in Mexico City in 1968.

THE CANADIAN PRESS

RIO in brief

Police vehicle sprayed with bullets, officer hit

Pervasive violence is an everyday part of Rio, and a police officer was hospitalized after getting shot in the head when he and two others got lost near a slum.

The officers from Brazil's national security force who were sent to Rio for the Olympics relied on a GPS device to navigate unfamiliar streets Wednesday afternoon, but they took a wrong turn off a highway leading to Rio's international airport. Their truck was sprayed with bullets, and officer Helio Vieira was shot.

THE ASSOCIATED PRESS

Venus still in the hunt for her fifth gold medal

Venus Williams' Rio Olympics is still going — just barely.

Upset in the first round in singles and doubles while battling a virus, the four-time gold medalist was a late entrant into mixed doubles. She and American teammate Rajeev Ram faced two match points Thursday and saved both in rallying from a set down for a 6-7 (4), 7-6 (3), 10-8 tiebreak win over Kiki Bertens and Jean-Julien Rojer of the Netherlands.

The U.S. duo moves on to Friday's quarter-finals.

THE ASSOCIATED PRESS

GOLF

DeLaet off to a strong start on the links

Canada's defence of its 112-year-old Olympic golf title is off to a strong start.

Graham DeLaet of Weyburn, Sask., fired four birdies over his first eight holes en route to a 5-under-par 66 and the clubhouse lead on Thursday until Australia's Marcus Fraser closed his round a short time later with a blistering 63. It was the first round of golf played at the Olympics since Canadian George S. Lyon won gold at the 1904 St. Louis Games.

Lyon played so long ago that

he was born in Richmond, Canada West, the British colony that became Ontario after Confederation in 1867.

"It's pretty cool," DeLaet said. "First time in over 100 years and we're leading the charge here at the Olympics."

Henrik Stenson of Sweden also opened with a 66, and five players, including Germany's

Alex Cejka, were right behind them at 67. David Hearn of Brantford, Ont., opened with a 2-over-par 73.

Golf is in the developmental stages in the host country and the rather empty grandstands showed it. There were still groups of fans who followed the

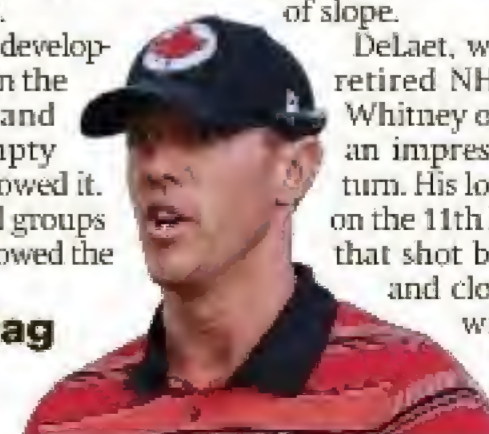
golfers around the 7,128-yard course, which has wide fairways, deep bunkers and plenty of slope.

DeLaet, with friend and retired NHL player Ray Whitney on his bag, was an impressive 31 at the turn. His lone bogey came on the 11th hole but he got that shot back on No. 13 and closed his round with another birdie.

THE CANADIAN PRESS



You're playing for the flag and it's a pretty cool feeling. Graham DeLaet



The Raptors will open their season on Oct. 26 in Toronto against the Detroit Pistons, two nights before hosting the NBA champion Cavaliers

Lights, camera ... action

NFL

Top pick Goff getting showbiz crash course in Los Angeles

No matter when Jared Goff relieves starting quarterback Case Keenum or how much the rookie plays, he will be the focal point of the Los Angeles Rams' pre-season opener Saturday.

The No. 1 overall pick in the 2016 draft got a preview of what kind of attention he can expect going forward from the season premiere of *Hard Knocks*, the HBO documentary series that follows life in an NFL training camp. Goff was shown taking a ride on the Goodyear Blimp, buying electric fans so offensive players could stay cool in their dorm rooms at UC Irvine, adjusting to a pro-style scheme, and not remembering where exactly the sun rises.

Goff said Thursday he hasn't heard back from Taylor Swift after his interest in the pop star became television fodder, but is hearing about his sunrise gaffe.

"Got a lot of grief from my friends and stuff, but I thought it was funny," Goff said. "I know it is a TV show and they are trying to make a story line whatever

MINUTES CRUNCH
Coach Fisher hasn't divvied up playing time just yet, but indicated starters would likely play two or three series before exiting. A handful of players might not make their pre-season debut until Week 2, he added.



No. 1 pick Jared Goff is expected to take his first in-game NFL snaps this weekend when the Los Angeles Rams take on the Dallas Cowboys. MATT MASIN/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS

that may be. That doesn't bother me. I think it's funny and I think it's cool, something I can probably watch for years to come." Everything Goff has done during training camp has drawn plenty of interest.

Goff's media availability attracted more than a dozen re-

porters Thursday, while Keenum spoke to less than half that number on Monday. While he has been taking snaps with the first team offence in closed walkthroughs, Goff's first public work with the starters in a two-minute drill on Tuesday resulted in a barrage of questions for coach Jeff Fisher and offensive co-ordinator Rob Boras.

That interest will only intensify, but Goff said he isn't paying heed to the overwhelming attention from fans and media.

"Whatever you guys say, take it with a grain of salt. It doesn't mean much to me," Goff said. "I don't read anything. I don't look at anything. I just try to do my best every day out here and get better and do the best I can."

Goff said he believes the tempo of practice and quality of the Rams' defence has him prepared for his first NFL action. He expects to treat it like every other game he has played in, though there will be one notable difference as he will be coming off the

bench. Goff, a three-year starter at California, didn't remember the last time he did not take the first snap in a game.

"In football, I don't know," Goff said.

Goff didn't know how much he would play against the Dallas Cowboys either.

"I'll go in whenever they tell me to go in and go out whenever they tell me to go out," Goff said. "I don't think that is up to me."

THE ASSOCIATED PRESS

NHL

Roy ends tenure with Avs

Patrick Roy is leaving the Colorado Avalanche.

The club's head coach and vice president of hockey operations announced his decision to resign in a lengthy statement on Thursday that suggested discord with the organization.

Roy's vision for the club, he said, needed to be "perfectly aligned with that of the organization", adding that he must have "say in the decisions that impact the team's performance."

"These conditions are not currently met," Roy concluded.

And therefore, his tenure with the Avalanche was over.

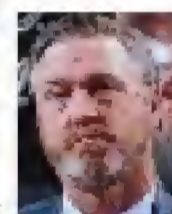
Roy was mostly ineffective in his role as the Avalanche's sometimes controversial head coach. The club qualified for the post-season once in his three seasons, missing out in each of the past two campaigns.

The Avs were often levelled in the puck possession game despite having a number of young skilled players. Colorado typically forced its goaltenders, mostly Semyon Varlamov, to contend with a heavy shot count each night. The club allowed 32.3 shots per game last year, the third-worst mark in hockey.

Colorado has an incredible amount of young skill including 25-year-old speedster Matt Duchene, who produced 30 goals for the first time last season, 20-year-old Cole Harbour native Nathan MacKinnon (52 points last season), 23-year-old captain Gabriel Landeskog (three straight 20-goal seasons) and 24-year-old offensive whiz on defence, Tyson Barrie (25 goals, 102 points over the last two seasons).

Still, the Avalanche missed the playoffs by five points last season (boasting a minus-24 goal differential) and nine points one year earlier (minus-eight).

THE CANADIAN PRESS



Patrick Roy
GETTY IMAGES

NFL

Chargers to lose Johnson for 2016

San Diego Chargers wide receiver Stevie Johnson will miss the season with a knee injury, coach Mike McCoy confirmed Thursday.

Johnson hurt his right knee during the second practice of training camp while getting up to run downfield after making a diving catch. The nine-year pro underwent surgery Tuesday and was told Wednesday that his season was done.

"It's an unfortunate situation," McCoy said after prac-



Stevie Johnson
GETTY IMAGES

Johnson, who's often used as a slot receiver, missed six games last year with hamstring and groin issues. He had 45 catches for three touchdowns and 497 yards.

THE ASSOCIATED PRESS



IN BRIEF

Riders fined \$60K for roster violations

The Saskatchewan Roughriders were fined \$60,000 on Thursday following a CFL investigation into alleged roster violations.

Saskatchewan also had its 2016 salary cap deducted in excess of \$26,000 as part of the penalty. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Thursday's Eskimos-Alouettes game.

NBA

LeBron agrees to 3-year deal: Source

A person familiar with the contract says superstar LeBron James has agreed to a three-year, \$100 million contract with the Cleveland Cavaliers.

The person says James, who recently led the Cavs to an NBA title — the first for a Cleveland sport team in 52 years — will soon sign the deal. The person spoke to the Associated Press Thurs-

day on condition of anonymity because some details of the deal need to be finalized.

The 31-year-old James recently indicated he intended to re-sign with Cleveland, but was expected to accept the same one-year deal he signed in each of his two previous seasons since returning to Cleveland.

THE ASSOCIATED PRESS

\$100M

LeBron James' reported salary in a new three-year deal.



Though it saddens me, I have put much thought about this decision.

Patrick Roy

Jays hoping for joy of six

MLB

GM backing his rotation plan but Sanchez is still a concern

As counterintuitive as it seems, Blue Jays general manager Ross Atkins believes that the longer the team keeps going with a six-man rotation, that things are going well.

He feels that there are factors that would end the six-man experiment and none of them are good, so if the Jays are still using six starting pitchers into September, it means they will likely have survived the dog days of August and will be in the AL East and American League playoff mix.

"We see it as a positive, we really do, at this time of the year," Atkins said.

"The reason that the five-man vs. six-man rotation gets a lot of attention is because it's not typical. That's fair and that's why we walked through all of our alternatives. But as we looked at the rotations and looked at



The Blue Jays' six-man rotation including, from left, Marco Estrada, Marcus Stroman, Aaron Sanchez and J.A. Happ is still a work in progress. THE CANADIAN PRESS FILE

how it would impact each starter and then thought about our bullpen, thought about the optionable relievers, we felt like we had enough (bullpen) depth and enough flexibility to adjust when we had to adjust. If we don't have to adjust, that would be a very good outcome, because that would mean that everyone was performing and healthy."

Of course the big question is why, after being involved in

trade deadline discussions for 19 starting pitchers (his own

"It wasn't that we have to have a starter. It was how do we make our team deeper?"

Ross Atkins

estimate) and after obtaining a workhorse, Francisco Liriano from the Pirates, and after insisting Aaron Sanchez transition to the 'pen would begin, why they changed their mind? Is it because the trade deadline was too early and they felt Sanchez still had starting bullets left?

"We were also in on well over 20 relievers," Atkins countered. "We were looking to acquire pitching. It had to be on the ma-

jor-league team. We were looking to build depth in pitching.

"It was an opportunity that we felt good about that added depth. It's really hard to say what will transpire with the rotation. I think the players will dictate that."

The problem with believing that the six-man rotation will solve the problem of excess Sanchez innings is that it won't really, especially if the Jays go deep into October. If manager John Gibbons continues to roll through the rotation of six guys, Sanchez would still log seven more starts.

Given his average, he'd accumulate 49 more innings, adding up to 194 in the regular season. Then if they went to the World Series, that would be six more Sanchez starts, giving him 235-240 innings.

"We'll be creative there, it's not just off-days, but potentially skipping starts," Atkins said. "There's a lot of things we can do. Really it came down to, there was more rationale pointing towards doing (a six-man) then there was rationale pointing to just do what everyone else has always done." TORSTAR NEWS SERVICE

+ MORE BASEBALL

ORIOLES 9, A'S 6

Mark Trumbo hit a grand slam for his league-leading 32nd homer to help Baltimore beat the Oakland Athletics 9-6 on Thursday. Chris Tillman (15-4) allowed two runs over seven innings. He's Baltimore's first 15-game winner since Bud Norris and Wei-Yin Chen in 2014. THE ASSOCIATED PRESS

ASTROS 15, TWINS 7

Major league batting leader Jose Altuve got four hits, drove in three runs and scored three, sending the Houston Astros past the Minnesota Twins 15-7 Thursday in the first game of a double-header. THE ASSOCIATED PRESS

RANGERS 9, ROCKIES 12

Pinch-hitter Carlos Gonzalez delivered a bases-clearing double that capped a five-run rally in the eighth and the Colorado Rockies beat the Texas Rangers 12-9 Thursday. After David Dahl drew a bases-loaded walk from Matt Bush to tie it at 9, Gonzalez doubled. THE ASSOCIATED PRESS

MLB

A-Rod's final bill: \$317,368,852

By the time Alex Rodriguez collects his last payment as a player from the Yankees next year, he will have received \$317,368,852 from New York, according to a review of his contracts.

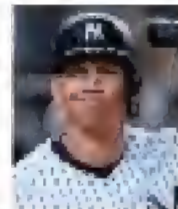
Luxury tax caused by his deal totalled an additional \$132 million through this year, although the Yankees could have spent more money on other players had A-Rod not been on the roster.

Was it worth it, given that the Yankees have won one

World Series title during his years in pinstripes?

"One individual is not responsible for winning only one world championship, because that's part of the team effort," general manager Brian Cashman said Wednesday. "He had a big piece of that success and in most cases more so than most."

New York acquired Rod-



Alex Rodriguez ASSOCIATED PRESS

riguez from Texas in February 2004 for infielder Alfonso Soriano. In all, Rodriguez will earn about \$448 million as a player, including \$119 million from Texas and about \$12 million from Seattle.

"The trade with Texas was a tremendous move," Cashman said. "We added one of the game's greatest players at a discounted price because there were considerable offsets of salary, and we got a lot of production from him for quite some time." THE ASSOCIATED PRESS

SOCCER

Ranieri takes alien approach

Leicester manager Claudio Ranieri believes it will be "impossible" for his team to retain the English Premier League title, saying Thursday it's more likely that "ET comes to Piccadilly Circus."

The team from central England produced one of the greatest-ever underdog stories in sports by winning the league, at pre-season odds of 5,000-1.

Speaking ahead of the first game of Leicester's title defence, Ranieri said the British bookmakers' odds on his

team this season should be "6,000-1."

"It's more difficult than last season — it's easier that ET comes to Piccadilly Circus," the Italian coach said, referring to the alien from the 1982 Hollywood movie.

Ranieri said "all the world is curious what will happen with Leicester."

"Of course, the big teams are



Claudio Ranieri GETTY IMAGES

ready to fight for the title, we are ready to defend our title, but we know it is a difficult gap. Last season we made something unbelievable," Ranieri said. "But now the big teams will come back, I am sure."

Leicester begins the season away to Hull on Saturday, having retained all of its major players over the off-season except N'Golo Kante. The France midfielder joined Chelsea for a reported 30 million pounds (\$40 million).

THE ASSOCIATED PRESS

IN BRIEF

Swans smash transfer mark

Swansea has become the latest Premier League club to break its transfer record this off-season, signing striker Borja Baston from Atletico Madrid for \$20 million.

Manchester United, West Ham, Bournemouth and Crystal Palace have also brought in players for club-record fees. The 23-year-old Baston, who has been capped by Spain at youth level, is the second Spanish striker to join Swansea this week after Fernando Llorente. THE ASSOCIATED PRESS

Lots of clicking, no typing

A new NCAA rule change is catching some recruits by surprise while causing coaches to debate how much time they should spend on social media.

Under the change last week, athletic department staff are allowed to retweet or show their approval of social media posts made by recruits. The change has been nicknamed "Click, Don't Type" because coaches still aren't allowed to add any sort of comment to a recruit's post.

THE ASSOCIATED PRESS

Wimbledon 'poison' probe

Detectives are investigating allegations that a British tennis player at Wimbledon was poisoned, after she fell ill with a bacterial infection that can be spread through rat urine.

Gabriella Taylor was playing in Wimbledon's junior tournament when she became sick on July 6 and had to drop out. Her family says she was hospitalized in intensive care and diagnosed with leptospirosis, a bacterial infection spread by animals.

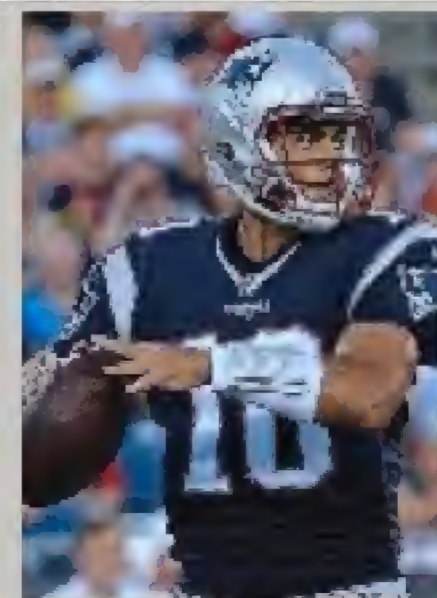
THE ASSOCIATED PRESS

All's magic rescues England

A superb century from Moeen Ali helped England to reach 328 all out on the first day of the fourth test against Pakistan. Fast bowler Sohail Khan claimed his second successive five-wicket haul, but Moeen's 108 with 13 fours rescued England after Wahab Riaz's 3-93 had reduced the home team to 110-5 at the Oval.

Pakistan, trailing 2-1 in the series, then ran into early trouble in its reply as Sami Aslam was trapped lbw by Stuart Broad.

THE ASSOCIATED PRESS



Jimmy Garoppolo. JIM ROGASH/GETTY IMAGES

Garoppolo finds his feet

Jimmy Garoppolo made his preseason debut, spreading the ball around for 168 yards, and Jamie Collins added a 43-yard interception return for a touchdown as the New England Patriots beat the New Orleans Saints 34-22 on Thursday night.

Garoppolo played the entire first half as he preps to start the first four games of the regular season in place of Tom Brady, who will be serving a suspension over the "Deflategate" case.

THE ASSOCIATED PRESS

RECIPE Blueberry Sweet Potato Waffles



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup sweet potato puree
- 1/4 cup fresh blueberries

Directions

1. Preheat your waffle iron.

2. In a large mixing bowl, whisk flour, baking powder, salt and allspice. Stir in 2/3 cup milk, eggs, oil and maple syrup. Mix in sweet potato and then fold in the blueberries.

3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

Ready in 30 minutes

Prep time: 10 minutes
Makes 4 large waffles

Ingredients

- 2 cups spelt flour
- 2 tsp baking powder
- 1/4 tsp salt
- pinch of allspice
- 1 1/3 cups milk
- 2 eggs
- 2 eggs

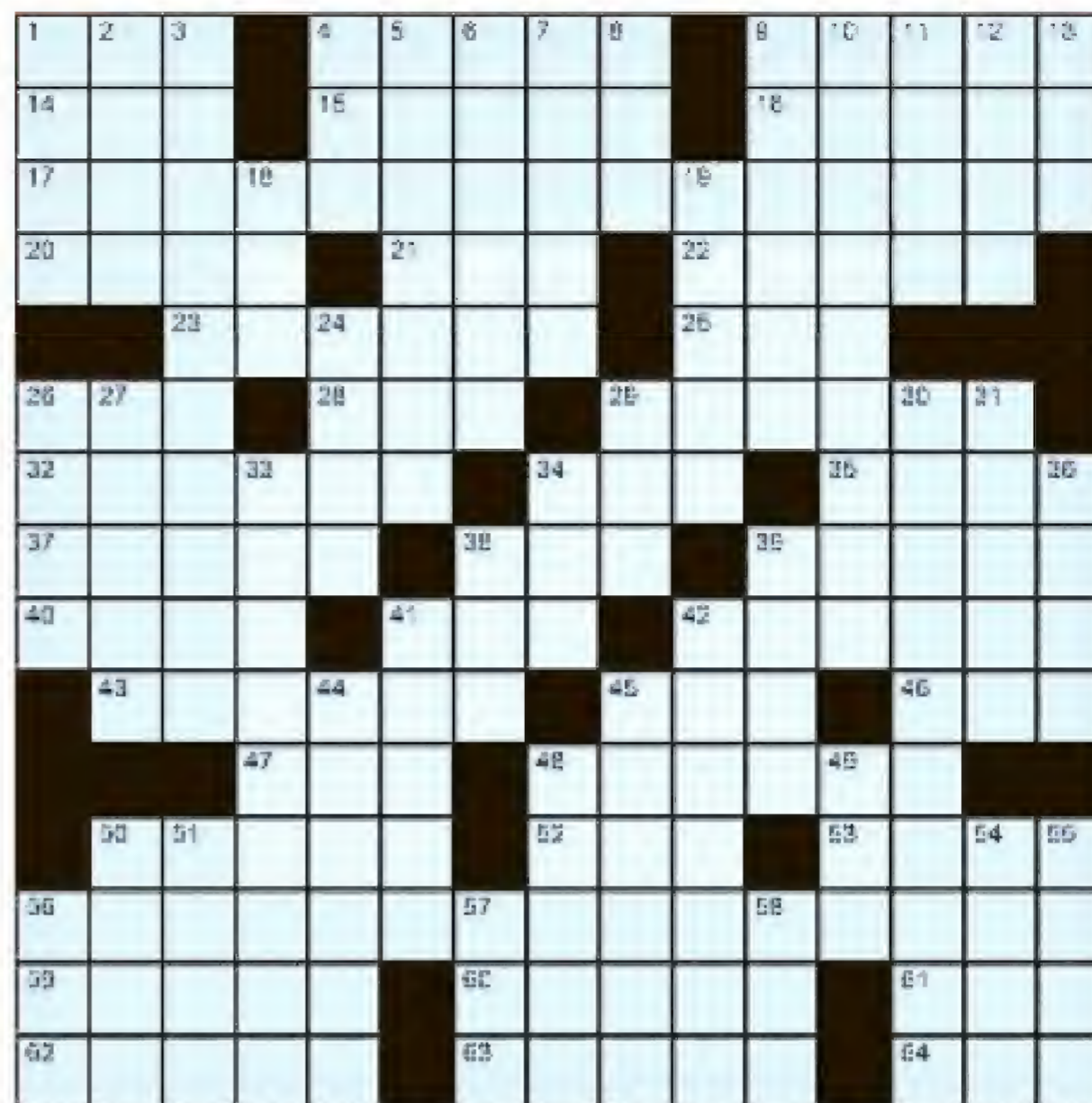
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Swimmer's head covering
4. __ Sketch
9. Borders on
14. Kilos alternatives
15. Actress Lindsay
16. Valleys
17. RIO 2016: Aphrodite or Athena, in ancient Greek mythology: 2 wds.
20. Toy company
21. Psychedelic drug
22. Director Sidney
23. RIO 2016: Equestrian stars
25. Here: French
26. Tic-Tac-Toe win
28. Possesses
29. Travel __ (Trip planners)
32. RIO 2016: Like the in-the-pool swimmer: 2 wds.
34. RIO 2016: Athlete's story
35. Deanna __ (Counselor on Star Trek: The Next Generation)
37. Fauna's friend
38. O Meridian letters
39. RIO 2016: Points in Soccer
40. Greenish hue
41. Irritate
42. Witty remark: 2 wds.
43. Method
45. __ culpa!
46. Bottom-of-letter letters
47. Rocky hill
48. "___ the highest bidder!"



50. Frigid
52. RIO 2016: American Samoa, IOC-style
53. RIO 2016: Gymnastics legend Ms. Korbut
56. RIO 2016: One of a Heptathlete's skills: 2 wds.

59. "That's ___" by Dean Martin
60. RIO 2016: "O Canada! Terre de nos ___"
61. Hebrides 'no'
62. 'Wilde' tail (Gnu)
63. "___ Fine" by The Chiffons
64. Meadow mom

DOWN

1. Curdle
2. Competently
3. RIO 2016: Sports __ (Training component)
4. Rock supergr.
5. Strives/works for: 2 wds.
6. RIO 2016: Runs

- after a ball
7. RIO 2016: Passes the ball or baton
8. RIO 2016: IOC code for Luanda's country
9. Cite, as evidence
10. RIO 2016: Racket sport
11. Movie bee-

- keeper
12. Quiz
13. 'Jaws' (1975) director's initials-sharers
18. Cow's sound
19. 'Few'-meaning prefix
24. Ostrich-like bird
26. Lummoxes
27. Earthenware pots
29. River islet
30. RIO 2016: Sport for Canada's flag bearer Rosie MacLennan
31. Arias
33. RIO 2016: Some athletes
34. RIO 2016: Cycling ___
36. 'Special' suffixes
38. Emerald
39. Prod
41. Rigoletto opera composer
42. RIO 2016: BLR is its IOC code
44. Loo
45. Dances, at a '90s concert
48. Composer/pianist Erik
49. Haul
50. RIO 2016: Team match-up
51. RIO 2016: "Yippee!" in ancient Greece
54. Chew
55. James __ (Pulitzer-winning writer)
56. RIO 2016: Boxing blow
57. "Nope."
58. Soup flavouring cube

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sudden changes to travel plans are likely. You might meet someone from far away or be surprised to encounter someone from another culture or a different country. Likewise, legal decisions will be unexpected.

Taurus April 21 - May 21
Check your bank account for something unexpected: shared property, taxes, debt, inheritances and wills. Make sure you know what's happening.

Gemini May 22 - June 21
A partner or close friend might throw you for a loop today by doing something you least expect. Someone might demand more freedom in the relationship.

Cancer June 22 - July 23
Interruptions to your work are likely. (Computer crashes, equipment breakdowns, staff shortages and canceled meetings are just some examples.) Allow extra time to cope with this.

Leo July 24 - Aug. 23
A surprise invitation to a vacation or a social event might come your way today. Children might be the source of a surprise. Ditto for sports.

Virgo Aug. 24 - Sept. 23
Something to do with your home routine will change today. Perhaps small appliances break down or minor breakages will occur. Perhaps unexpected company arrives.

Libra Sept. 24 - Oct. 23
Your mind is racing today, because it's full of ideas that you want to share with others — especially siblings, relatives and daily contacts. It's easy to think out

Scorpio Oct. 24 - Nov. 22
Today you might find money; you might lose money; you might lose an item or you might find something that was lost. Count your change and check your bills.

Sagittarius Nov. 23 - Dec. 21
You feel independent and confident today. You also feel ambitious, which is why you might do something different or spontaneously take a new direction.

Capricorn Dec. 22 - Jan. 20
An unexpected secret might come out today because something related to a hidden matter will surprise you. Or you might make a breakthrough in a research project.

Aquarius Jan. 21 - Feb. 19
You love characters! Today is a classic type of day to meet someone who is unusual and different. However, someone you already know might amaze you in a weird way.

Pisces Feb. 20 - March 20
You might be surprised or caught off guard when talking to parents and bosses today. Someone might suggest something that ultimately gives you more freedom.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



GRID: CONCEPTIS SUDOKU, Ltd. BY KING FEATURES SYNDICATE, INC.

metro

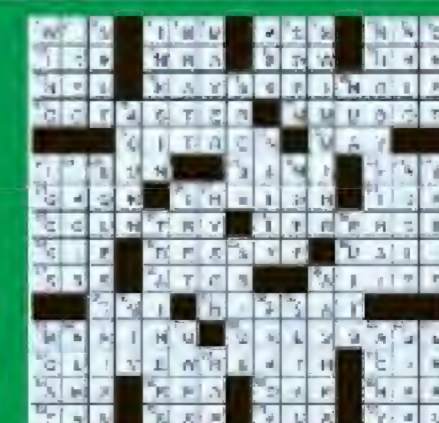
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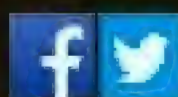
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